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all-nighter!  
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under  
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## **PLAYA-AWAY**

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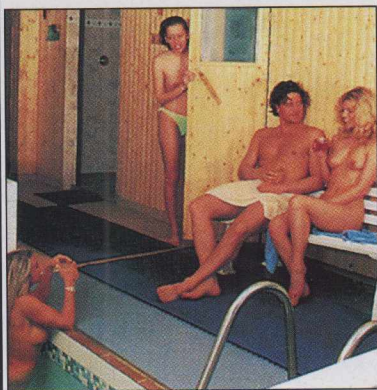




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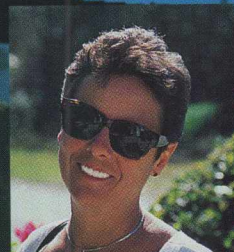
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# It's obvious. . . isn't it?

**W**hen it comes to naked getaways, France and Spain always come out tops. They seem to have the best in beaches and clubs, but are we doing other countries a disservice? Have you ever thought of flying off to Canada or even New Zealand? We look at the beaches and clubs of the nations that don't think nudity is for nerds.

If you're a fretful first-timer or haven't even taken the naked plunge, listen to the tales of some nervous novices and join your family on the beach this summer. Rio's Health Spa may be a good place to start - this clothes-optional venue is "open all hours" and can offer more laughs than Ronnie Barker.

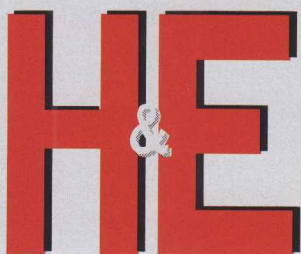
A bad night's sleep can have you dropping off at work, on the naturist beach, or if you're lucky, the Jacuzzi. If it's your partner's snoring keeping you awake, perhaps you should send him off for "experimentation" at the sleep lab. Read how our reporter found it all a complete nightmare!

Diana and George are on hand to answer your naked dilemmas and we focus in on south-east France for some sun, sea and fun.

**HELEN  
LUDBROOK**







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Editorial Offices.  
New Freedom  
Publications Ltd.  
Bow House Business  
Centre, Bow Road,  
London E3 2SE

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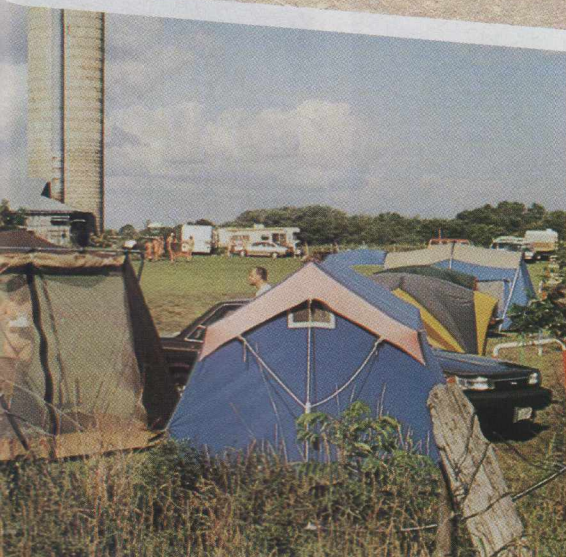
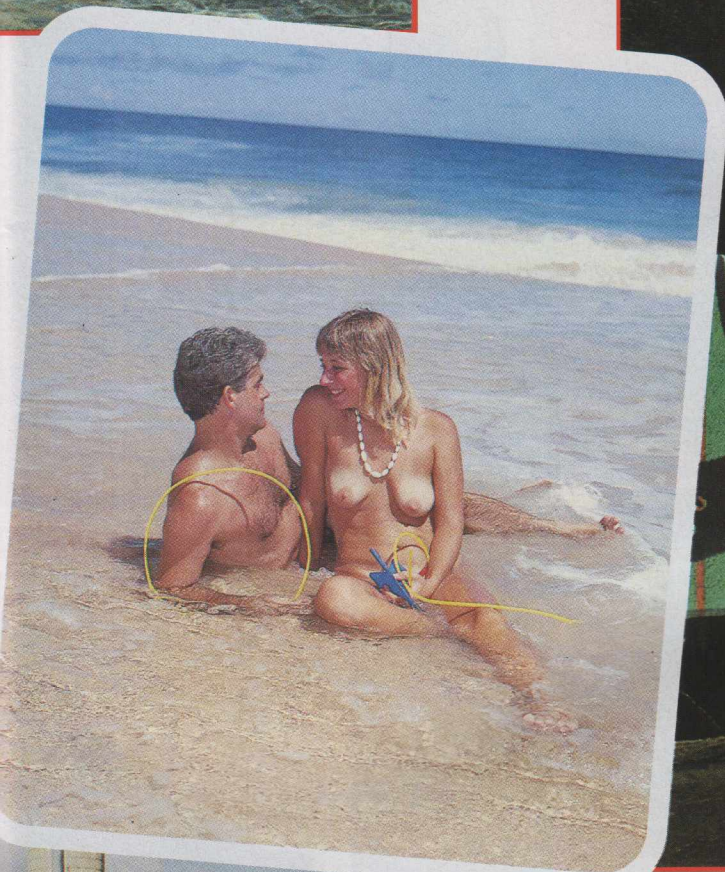


Clothes off with the Kiwis





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Health and Efficiency was established in 1900 and has incorporated Sunbathing Review and Vim. The magazine is entirely independent. We think bodies are wonderful! And everyone has a right to enjoy a naked lifestyle whatever their age, size, or sexuality. We reflect the wonderfully diverse ways people take pride in their bodies and what nudity means to them.

From health, body-art and relationships to everyday club and beach life, there's always something new to hear about.

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Distributed by MMC, Octagon House, White Hart Meadows, Ripley, Woking, Surrey GU23 6HR Tel: 01483 211222 Fax: 01483 224541

All news items are published in good faith. However as regards content and accuracy we are reliant on information which we receive from contributors. In the event of any error we will endeavour to publish a suitable correction in the next issue following the matter being brought to our attention.



**What makes the Vera Playa area of Spain so special? The sheer number of naturist facilities must help, but the good news is there's now even more to whet your naked appetites. Neale Zacks gives us a low-down on the latest developments in this naturist Mecca**

# Playa

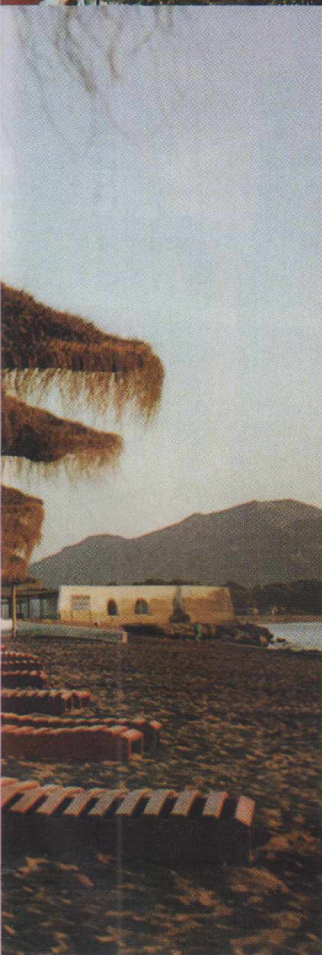




# n-away



"Cheers to a wonderful naked marriage!"



Contrary to the words of the song in the musical "My Fair Lady", the rain in Spain does not stay mainly in the plane. Barbara and I recently discovered this when celebrating our 25th wedding anniversary at the Spanish naturist Vera Playa Hotel Club.

My fair lady and I had decided to return here for our silver anniversary after enjoying our 20th and 22nd anniversaries here. With each of these visits, Spain had been without rain for a long stretch. So it caused us some anxiety that a few days before our departure, weather forecasts predicted severe rain and flooding in Alicante. The news showed cars being washed down streets with damage to roads and buildings.

We consoled ourselves with the thought Vera might have missed this rain. However, soon after we arrived we realised this wasn't the case. The rain perhaps hadn't been as severe as it had been further north but Vera had seen severe storms prior to our visit. The rain had not stayed mainly in the plane, but washed down from the mountains, cleansing the planes of rubble and washing it into the rivers, before making its way to the sea.

Our perfect memories of Vera beach were shattered as we found a thick carpet of driftwood along the entire beach, with the exception of the hotel frontage.

For the first three days we had wonderful sunshine, but this was shattered in the early hours of the fourth by dramatic sheet lightning. By daybreak this had disappeared but the sea looked very unsettled and just before lunch the thunder and lightning returned with a vengeance. Fortunately this gloom didn't last long once the sun shone through again and lasted for the remainder of our holiday.

Since our previous visits the hotel had made several improvements; electric hair driers in each room, beach towels supplied and changed on request, more sun loungers around the pool, a new sun terrace above the restaurant, champagne freely available for breakfast, an even greater selection on the buffet menu and H&E on sale at reception.

Since our previous visits we also noticed the hotel attracted a wider age range, with a high percentage being regulars like us returning again and again. It was nice to see several younger families with children from tots to teenagers, right through to middle and older ages.

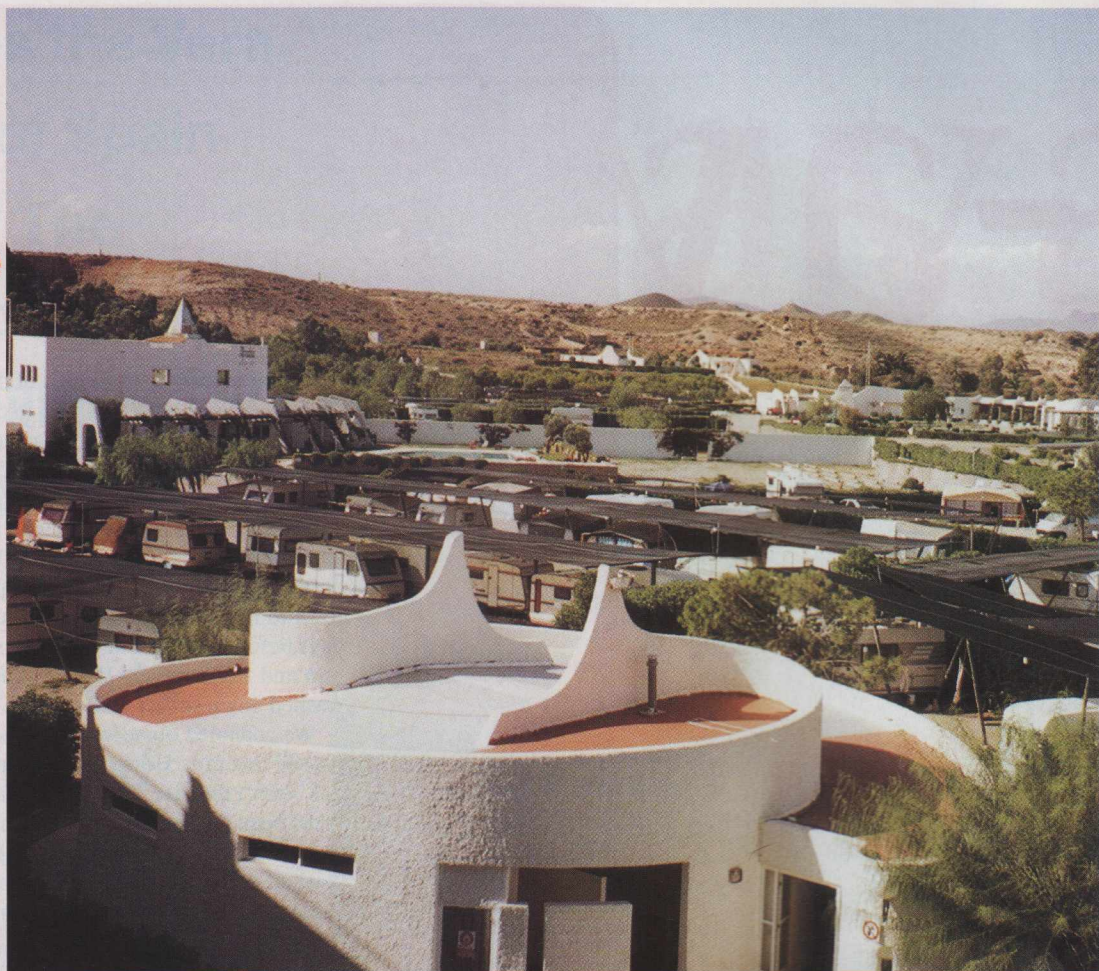
Some of the guests were quite prudish while at the other extreme there were hippie types and a few who chose to wear and show off their body piercings. One lady even had several rings in her genital region that were connected to her belly button ring by a chain! Most of the ladies in our group didn't condemn this type of body adornment but at the same time would not have it done themselves. The men thought it highly amusing, after all if a person is brave enough to have it done in the first place, where better than a naturist environment to show it off?

The Vera area certainly looks to have a promising future for year-round naturism. With winters seldom reaching temperatures lower than 12 degrees, and boasting an average of 322 days sunshine annually, development of properties to rent and buy has gathered momentum, with a choice of accommodation to suit most tastes.

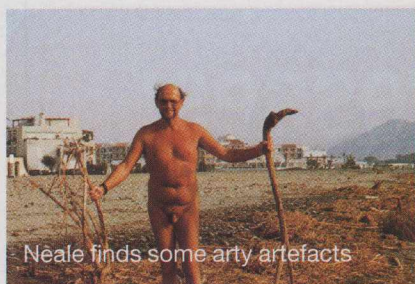
Vera Playa Hotel is now open in the winter on a self-



“These **Spanish** style mews-type houses offer **comfort, freedom, beauty,** and are without **doubt the** ideal place **to live in** the most simple **and natural** way.”







Neale finds some arty artefacts



Flower Fiesta begins in Majacar



Emergency action after the rains at Vera Beach

Building begins at the Vera Natura development



catering basis, with cooked meals available in the bar and fresh bread available in the hotel each morning. A two persons' fortnight winter break package with Peng Travel start from £510.

The Natsun apartments, which are just a short distance from the hotel, offers self-catering from only 2,750 pesetas per night per apartment, but you have to make your own transport arrangements. Natsun management told me they could arrange a taxi from the airport if requested or a package deal was available with Dune Leisure in the UK. Apartments at Natsun are available to rent and buy.

Squaring off the Natsun development there are a few apartments for sale in a recent new phase called Vera Luz, but I couldn't get further details of these.

The first phase of the Parque Vera development is now completed with 75 per cent already sold. In their sales brochure, Parque Vera claim they offer "a naturist paradise to live in freedom". These Spanish style mews-type houses offer comfort, freedom, beauty, and are without doubt the ideal place to live in the most simple and natural way. They also have the advantage of being near to other tourist towns such as Mojacar and Garrucha, with direct access to spacious quiet beaches especially cared for and dedicated to the free life.

If you are in a position to buy, then you are spoilt for choice because next to Parque Vera there is another development on an even grander scale called Vera Natura. There properties are built in smaller blocks of ground floor studios and two storey apartments. There are several already completed and occupied, with landscaped gardens and direct access to the beach.

The developers claim this is a new concept for naturist holidays, a total naturist community with every service provided. Once completed it will have a reception, supermarket, laundry, café, disco-pub, swimming-pool, gardens and a pedestrianised area. Some of these properties

are being bought by owners who will let them out, similar to what they do at Costa Natura, with prices starting from 2,500 pts per apartment. Again, you have to make your own transport arrangements to Vera Natura. So are you tempted? Well prices start at 7,650,500 pts to secure your little piece of Spain.

Too much, you say? Well don't despair because if you have your own caravan or tent there is a naturist campsite right next door to the hotel with direct access to the beach. During our stay this site was still being well used while a textile site nearby was almost empty.

Numerous excursions are available from the hotel. Barbara and I just took advantage of two. One was a short afternoon/evening trip first calling at the fish auction in Garrucha. Late afternoon sees the colourful fishing boats returning to the harbour. From Garrucha our coach toured the newer section of Majacar where all development is limited to two stories for private use, and three stories for commercial use. The authorities didn't want another Benidorm-type of development in this area.

The many tourist shops here all intermingle in the multi-storey, multi-terrace streets. We had a pleasant surprise that evening when the sounds of a band struck up for the start of the parade of a flower fiesta. Young women in their multi-coloured fancy frilly dresses carrying bunches of flowers headed the parade that made its way through the narrow streets and up a hill to a church. All the bunches of flowers were placed around the altar before the service started.

You cannot possibly see Majacar without learning about the Indalo Man. This symbol was first discovered as a wall painting in some caves near Velez. The old women of the town used to paint the Indalo Man on their doors as a protection against the evil eye and natural disasters, such as thunderbolts (and after our experience of the thunderstorms in this area I can understand why!)

Of all the tours available to the holiday maker



“ It was a **very** early morning **coach start from** the Hotel, but **the sight of the** sun rising **over the** mountains made **it all worth** while.”

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# Useful Addresses;

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**Natsun Apartments**  
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129  
EO4620 VERA (Almeria) Espana  
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**Dune Leisure (for Natsun packages from U.K.)**

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**Vera Natura**  
Playa de Vera  
Vera (Almeria) Espana  
Tel. +950 53 88 81

**Parque Vera**  
Tel. + 950 26 73 44



Picturesque Granada


throughout Spain, a trip to Granada and Alhambra is a must according to the guide books. So Barbara and I joined the last trip of the season from Vera Playa for what was promised to be unforgettable experience.

It was a very early morning coach start from the Hotel, but the sight of the sun rising over the mountains made it all worthwhile. This journey passes “mini-Hollywood”, the site and setting of many western-type films, before travelling through the Sierra Nevada mountain range. Some very popular films like “The Magnificent Seven”, “The Good, The Bad, and The Ugly” and “Lawrence of Arabia” were made in this part of Spain before the locals got too greedy, demanding a greater share of the film profits, so the film makers packed their bags and left. After a short stop at two smaller places of interest we finally arrived at the Alhambra Palace.

The promise made by our guide that the Palace was an experience not to be missed was certainly no understatement. The Alhambra presents some unforgettable sights of intricate mosaic and masonry, much dating from the original

construction in the 14th century. We overheard one American tourist comment “looks like they used a cookie cutter to shape all these arches”. Barbara and I both agree that all the visual delights of the Alhambra Palace, to which description alone cannot do justice - it just has to be experienced first hand.

This was certainly a champagne holiday. On the day of our silver anniversary we toasted the event with the free breakfast champagne, then at lunch time the hotel presented us with a bottle already on ice with their compliments. Some friends of ours made us share another bottle with them, and finally on the last evening of our holiday, the hotel presented us with another free bottle to welcome us to their regular users’ club, with the promise of further rewards on future visits.

This holiday gave us plenty of variation; sunshine, thunder, unforgettable excursions, great evening entertainment, and to top it off, we received news from home that our first grandchildren, twins, had made an earlier than expected arrival into this world, what more could we have wished for! 





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Lorraine James  
talks about her  
initiation into the  
world of the  
smooth...

# SHORN TO PLEASE

A part from "single men", depilation must be about the most controversial issue for many naturists. Pubic shaving, shaven havens, furless fannies, whatever you call it, were, as I've been told by veteran naturists, almost obligatory a long time ago when pubic hair was taboo in photography.

My boyfriend had been living with me for about three months and often mentioned how much he loved to see women with no pubes. Up until then I had an abundant growth of coarse, black pubic hair. I had done my utmost

to de-fur the rest of my body with waxing and electrolysis but it's a long, laborious, expensive process. Though I was slowly winning my battle against body hair, I had never contemplated totally removing my pubic hair.

Chris had gone out for the evening and I thought he might need some cheering up when he got home. I was not used to shaving, I always waxed my unwanted hair so didn't have a razor. But I did have plenty of wax strips. So I started sticking the strips to my pubic hair then pulled. It hurt like hell. My 'Mound of



# NAKED LIFE - THE WAY YOU LIVE IT!

Venus' was bad enough, but when I started on my vaginal lips it was excruciating. But I had started so I'd finish and continued until I was completely bare.

After a short while the soreness wore off and it felt smooth and velvety. I looked in the mirror, I had never seen myself like it, and I studied my newly uncovered anatomy.

When Chris came home I didn't say anything to him about what I'd done but at bed time he was over the moon. I felt it had all been worthwhile and vowed never to let it grow back. I now pluck the front with tweezers and shave the rest with the electric shaver.

It's okay at home but we had joined a naturist swimming group and it was time to face the public. I was new to naturism and had only just got used to being naked in front of people. I felt very self-conscious being newly exposed, and being the only lady there who was totally naked. But I began to take a real pride in my newly shaven state and later that year was my first time on the naturist beach.

How many of you ladies have ever tried shaving your pubes completely? If you have never done it, why not try it? You can find out for yourselves what a wonderfully sensual, smooth and comfortable feeling it is.



## Daredevil seeks angel

Back in November, H&E published a feature on Peter Woods, the daredevil resident of Spielplatz - who also happened to be blind. After a life of parachuting, free-falling, rock climbing and stunt driving, his next challenge is to find a lady to curl up on the sofa with.

If there are any female readers who'd be interested in meeting Peter, please write to him c/o H&E. This is one guy who'll never be short of anecdotes. . .

**Diana Roseman meets the amazing naturist who hasn't let disability get in the way of some terrifying achievements**



It is a natural assumption to think that if you go blind you will have to give up driving. Not so! Peter... a resident at Spielplatz Sun Club, proved that assumption wrong. Not only is he blind, but he has done many things that many sighted people (including myself) would not dare to do!

In 1976, at the age of 36, Peter was registered as blind. At that time he could still see light and as blind. Now he cannot even do that. As a diabetic. Now he was warned that he may lose his sight. However prepared you may be, the reality, as Peter confirmed, is still a terrible shock.

When he became aware he was losing his sight, he was given pioneering laser surgery in the early Seventies. This halted the progress of his problem for a while, but became ineffective over time. Sadly, Peter also split up with his wife at this low time in his life when the strains of the situation became too much for her to bear.

I sat down as Peter operated the video player. "This is the best way for you to find out about some of the things I've done," he commented. I watched in fascinated terror as a huge truck manoeuvred its way along the edge of a 500 foot high cliff! Bad enough at any time, but to know that a blind man was at the wheel brought my heart into my mouth even though I knew Peter was still here, alive and well! The "truck" was a vehicle specially constructed for this trip to handle rough terrain such as forest lands and muddy tracks.

How can he possibly do it? He has total and absolute faith in the co-pilot and absolute faith in his father! I obviously must also have total faith in his father! I was watching part of their round Britain tour - all off-road - which had been initiated following a suggestion from the Institute for the Blind. The BBC had charted his progress.

They also were the first visually impaired team to drive from Lands End to John O'Groats off-road, and the first to drive round the New Ground (the first to drive round the New Ground) at Prix circuit (in a Land Rover) at Silverstone even before Nigel Mansell had his turn! As they say, it's not what you know but who you know. They also went around a seven mile rally circuit in a Peugeot.

I asked Peter if he got scared.  
"Yes, of course I feel fear. That's what makes it exciting. All my life I've done what I should've"



**"YES, OF COURSE I FEEL FEAR. THAT'S WHAT MAKES IT EXCITING. ALL MY LIFE I'VE DONE WHAT I SHOULD'VE"**

Parachuting, free fall, rock climbing, you name it, I'll try it."

Possibly the height of achievement for Peter is that he holds the Land Speed record for a visually handicapped person. The record at present is 135.2 m.p.h., which Peter completed using a 3 litre V8 with a Cosworth engine (0 to 100 in 6 seconds!) To his annoyance, the Guinness Book of Records were not interested enough to add it to their books when he last enquired, nor in any of his other record breakers. Black mark to them, then, since Peter has raised over a million pounds for charity since 1980 through these ventures.

His attempt at free-fall parachute jumping was unfortunately stopped, a sighted girl jumping for the blind lost her life landing on the prop of the plane and it was decided Peter could not make the attempt.

**"All my life I've done what I should've"**



# NAKED LIFE - THE WAY YOU LIVE IT!

## WATCH OUT FOR THE U-BOATS!

**M.G. Spearing found Kalypso in Crete had an interesting history... and a wonderful present**



**W**hen does a naturist holiday start? From when you book and pay the deposit? You have to be careful who you tell about your holiday if you are a "closet" naturist. In some circles it's still frowned upon and you don't want to offend. It gets especially difficult if friends want to see a brochure or suggest they come with you.

This became an issue when we recently booked a holiday to Kalypso naturist village in Crete. The day before we were due to go, my wife's passport still hadn't arrived from the passport office. Rather than lose the whole holiday, we thought I should take someone else - but who? Do you ask the mother-in-law, neighbours, your children?! Luckily, for us we were able to get a temporary passport at the last minute from the Liverpool passport office.

On landing at Heraklion airport we were greeted by the hire car rep who gave us a map and sent us on our way to Kalypso village. The problem with the maps in Crete are that the names on the map aren't always spelt the same way as the road signs. This can be fun, but not after a long journey. If you expect it to take one and a half hours from the airport to the resort, I would put it nearer two and a half if you don't know your way.

We went to the reception to collect our key and purchase the beads, the only currency accepted in Kalypso. Once at our room we were very disappointed with the view, as we had paid £60 extra for an upgrade, which we didn't feel was worth it as we overlooked the kitchens.

The facilities at Kalypso are good and include tennis, basketball, large chess, table tennis, volley ball and a big, deep pool. The

setting of the village is attractive and when we were there (in the first week of September) there was only a handful of British. The evening entertainment was what you'd expect from most package holidays.

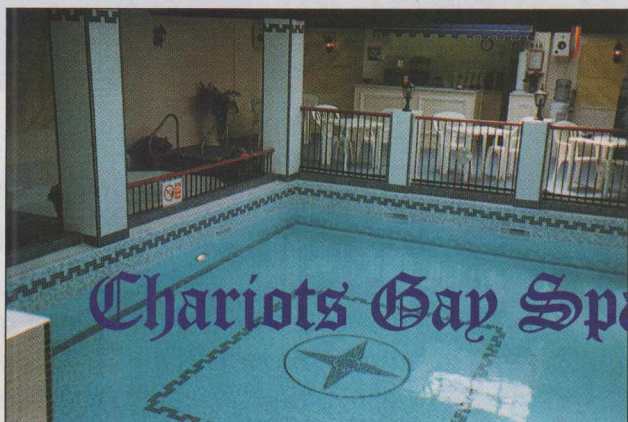
The history of Kalypso is interesting and there is still some evidence left of its past. In the Second World War German U-boats moored alongside the rocky coast and the remains of winches and hinge plates are still there. The cove naturally formed a harbour and couldn't be seen from the open sea, allowing U-boats to go undetected. When I stood and imagined the scene some 55 years ago, a shiver went down my spine.

We met a lovely couple at Kalypso called Clive and Val, and together we explored other naturist beaches in the area. We found most of the beaches allowed you to go nude (usually at the ends of the beaches) providing there wasn't a sign saying "no nude bathing".

The best beach by far was a small cove called Little Amoudi which lies between Damnoni and Amoudi beaches. You can get to Little Amoudi from Damnoni and Amoudi via dirt tracks, but the track is shorter and easier via Amoudi. The water is crystal clear and the view is second to none. This beach is also 96 per cent naturist. We spent most of our time here sunbathing and swimming.

Though we hired a car, it wasn't really needed as the village runs a bus service to the beach. One thing we did notice was the number of little boxes by the side of the road. We were told to our horror that they were placed there when someone dies in a road accident. There were a lot placed along the road side - you could always tell the dangerous bends!





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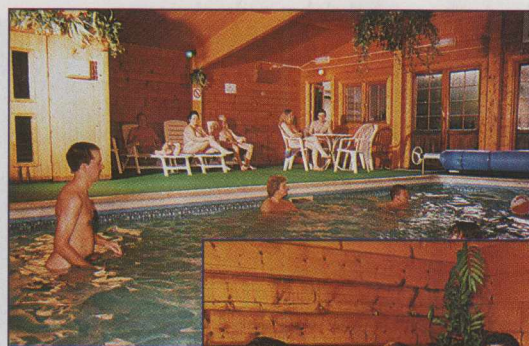
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# NAKED LIFE - THE WAY YOU LIVE IT!

## From the front-line...

The National Trust have allegedly decided to recognise nudity at Studland as a "legitimate recreational activity".

They have given over one kilometre of the beach for official naturist use. This section, about 25 acres of beach in all, is marked off with red-topped wooden posts. People naked outside of this area may be asked to cover up. Wardens will continue to patrol the area.



## The water in Majorca - feels wonderful!

At the extreme end of busy C'an Picafort can be found the quieter but well provided suburb of Son Baulo with its own sandy beach.

For another of the beaches used by naturists walk 200m further eastward along the beach, across the spit of land at the dry mouth river Siquia Real, and around the headland on which stands the Necropolis de Real.

If you continue on you'll find a number of beaches spread along a 10 km stretch, all of which are clean but their use can be dependant on tide and weather conditions. All are used by naturists though there are few British voices. Water depth shelves gradually and providing note is taken of the red/yellow/green flag system on textile beach at Son Baulo, swimming conditions are safe for all the family.

Some UK travel companies offer accommodation in Hotel Picafort Park and Hotel Sarah, but Hotel Son Baulo, which stands at the eastern end of the beach, would certainly be most convenient for naturists (the beach is only 250 metres from the hotel steps).

The hotel Son Baulo featured in the Thompson brochure for 1997.

Thanks to Phil Vallack and K. Humphrey



# BURNING ISSUES

**Just listen out at the club or the beach and hear the exciting and diverse opinions on naked living. At H&E we know our READERS aren't ones to keep quiet, so we want to hear your views on a range of controversial topics. As well as printing the usual things that get you STEAMED UP, each month we'll put forward an issue of our own and ask you to send us your advice, OPINIONS or response. Come on, get writing; let those SPARKS FLY!**

**Our Burning issue this month is . . .**  
Is the only publicity nudity ever attracts bad?

## Let's move in mysterious ways

The naturist "movement" is doing itself no favours with its public campaigning. The media refuse to see us in any way other than as a bunch of cranks. The more attention we bring to naturist beaches the more support will be brought to closing them down.

If no one objects to a free beach the authorities invariably turn a blind eye. The best way for nudity to become widespread is to continue in our own gentle way, until a controlled amount of nudity is quietly accepted on most beaches.

**T. Johnson**

## Innuendo crescendo

Naked people are seldom out of the headlines but very few of them are there to promote naturism! Even when naturism is mentioned there's always sexual innuendo in-between the lines. Unfortunately the very thing we're about - nudity - is enough to provoke negative publicity.

People simply can't see past naked bodies and until people stop assuming nudity symbolises sex, and until sex stops meaning smut, it's best we give our naked bodies as low a profile as possible.

**R. Wright**

help me. My wife, bless her, could voice every one of the reasons for refusing to try social nakedness given by Diana, but we'd never even get to that point for two reasons.

The first is that the temperature in this country rarely rises above 18 degrees for any length of time. Unless it does she quite literally chatters with the cold if she's not well wrapped-up. The second reason is the clincher; she regards any and all naturists as exhibitionists and therefore perverts.

This is strange since she tolerates my nakedness around the house and in the garden. But should anyone come to the door she runs into a panic to get me a dressing gown. She believes that only she should see me naked; she was quite upset when I met a couple who were naturists and I visited a sauna with them. I don't consider myself an exhibitionist, but I'm certainly not an inhibitionist.

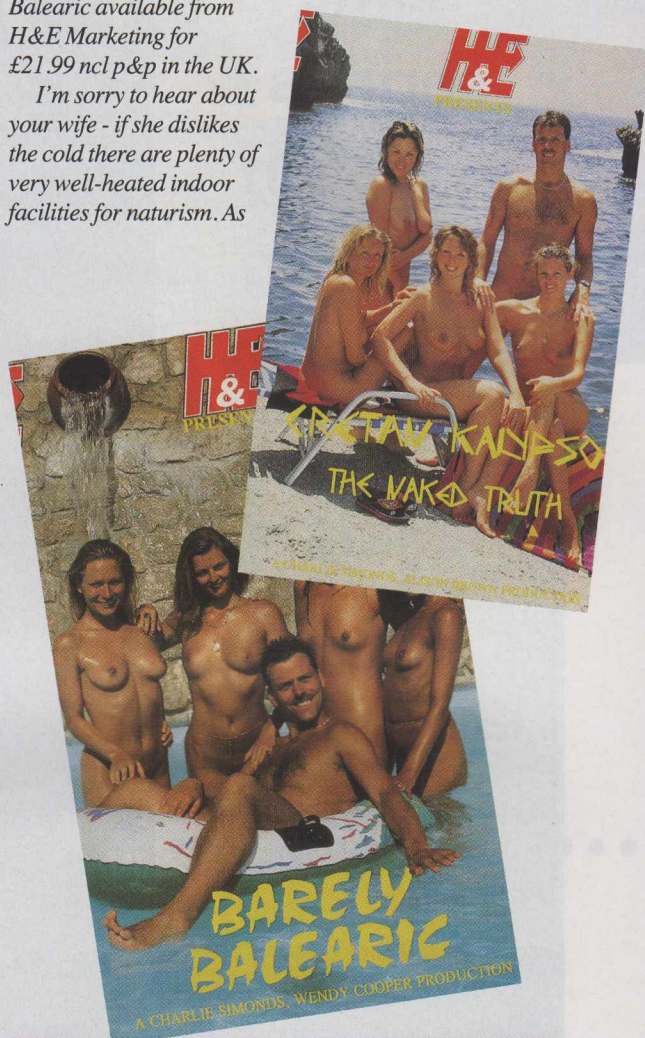
**D. Powell**

*Thanks for your kind comments - I'm afraid the girls on our covers have their nipples covered by headlines to be allowed on the shop shelves. You have indeed seen the woman on*

*Lifestyle 1 before, her name is Joceline and she's appeared in Charlie Simonds' photosets and videos. The videos she appears in are Cretan Kalypso and Barely Balearic available from H&E Marketing for £21.99 ncl p&p in the UK.*

*I'm sorry to hear about your wife - if she dislikes the cold there are plenty of very well-heated indoor facilities for naturism. As*

*for her other objection - maybe you should invite another naturist couple round for a cup of tea (with your clothes on) for her to see how normal we all are - Ed.*



Send your photos, letters, and experiences to H&E,  
Bow House Business Centre, Bow Road,  
London E3 2SE

## Cold-blooded perverts

First of all, congratulations to all concerned on H&E Lifestyle and the revamped H&E Monthly! A first class job all round, with only minor criticisms. One of these is the cover girl on Lifestyle. Why do

we only see her on the cover where she is half obliterated by titles and headlines? What's her name and why haven't we seen her before?

Diana Roseman's article (Persuading your wife/girlfriend into naturism) was very interesting but it doesn't

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**Mike  
Gregor  
mixes with  
some  
serious  
money in  
southern  
France on  
a naked  
holiday  
that's  
laughably  
cheap**

# Rich *PITCHINGS*



**Y**ou have to be pretty wealthy to live in Central Provence. In fact, some of the richest people in France have summer homes here. In July and August they arrive in all their elegant splendour for the world famous International Music Festival.

Yes, it's certainly true that you need plenty of money to live here - one look at the luxury cars and the grandiose 17th century mansions will tell you that - but not necessarily to spend a holiday here. Not if you are a naturist, that is, and you know exactly where to go.

Only 15 minutes drive from Aix en Provence, the elegant capital of the region and known as the Paris of the South, is the naturist camping and holiday centre of Messor. Lucky naturists can stay under canvas for as little as £6 a night for two. Unbelievable isn't it? Your accommodation and all the facilities of this super holiday club for about the same price it would cost to park the car for the afternoon in your local town shopping centre in England.

Like most French sites - and sadly unlike most British ones - Messor is not at all difficult to find. From Le Puy St Reparde take the D13 (St Cannat road) which after one mile crosses a small industrial



canal. The entrance to Messidor is on the right immediately after the canal and is clearly signposted "Centre Naturiste".

It's a bit of a long bumpy ride into the site, but don't let that put you off. Once inside, any initial cares are quickly soothed away by a genuinely hospitable welcome.

There are 85 emplacements in this beautiful 30 acre private wooded setting. Some are secluded and tucked away in little glades, while others are set out in more conventional open meadow areas. As long as there is room you can take your pick, and within reason choose your own place.

We were lucky to get the best of both worlds with a little tree-lined location just a few paces from the edge of the high meadow. It was a secluded spot with a lovely view over the valley and only a short walk to one of the large clean toilet blocks. These were very modern facilities which even had a supply of nice, soft toilet paper.

This well-established family owned and run site has been going for 25 years, but only the last 10 have been as a naturist centre. At the hub of this popular holiday place is a traditionally built and spacious club house and a superb 20 by 10 metre swimming pool.

The club house, open from 9am until midnight, is a large building with a restaurant and bar as well as a small library and various indoor games facilities. It's a general meeting place with lots of tables and chairs where visitors can sit and chat or read, or just pass the time of day and there is no obligation to buy anything.

One nice feature is the system they have for buying things, which avoids having to carry money around with you. Your "tab" - a record of your spending - is kept behind the bar and can be paid every couple of days or so, or at the end of the stay.

Messidor has all the normal outdoor and sporting facilities, including archery, tennis and of course - almost obligatory in France - boules. Two important things to remember when visiting this centre; don't forget your INF card, and if you are going to do any cooking make sure you take a proper portable gas ring, local by-laws forbid barbecues and open fires.

The naturist beaches of Fos and Martigues are less than an hour away by road. If you don't have a car or just don't fancy driving, the centre's mini-bus will take you there twice in a week. The trip, including a restaurant stop for a feast on local muscles, cost just around £8 a head.

We ate our lunch each day on the outside terrace of the clubhouse under the shade of an ancient olive tree. The pretty daughter of the owner and her friend, each wearing a tiny sarong in place of the usual waitress pinny, bought the food and cleared away between courses.

At the head of the table was 93 year old grandma, dressed from head to toe in black, totally oblivious to the absolute nakedness of the rest of us, and who despite her age put away just as much food and drink as anyone else - and with an equal show of enjoyment.

Messidor is ideally placed for visiting many of the historical and picturesque towns and villages of the area. The visually stunning medieval village of Baux de Provence, about an hour's drive from the centre, is not to be missed, while just a short distance away the amazing ruined chateau at the centre of La Tour d'Aigues is smaller but almost as spectacular.

Aix owes its present day popularity to Rene, the eccentric 15th century Duke of Provence, who was a



**For more information  
contact;  
Naturism Messidor  
13610 Le Puy Ste  
Reparade  
France  
Tel; +33-4-42-61-90-28  
Fax; +33-4-42-50-07-08**

**"This well-established family owned  
and run site has been going for 25  
years, but only the last 10 have been  
as a naturist centre."**

scholar, a lawyer, bon vivant and lover of music who was credited with introducing and muscat grape into France and Sicily where he was also king. The painter Cezanne was also born here and several stylish bars and bistros carry his name.

Unusually for her, Barbara seemed to be more interested in the street markets of Aix than its history, and as soon as she told me she's found several stalls selling top Paris fashions at half price I decided it was time to make a quick getaway back to the safety of Messidor.

Aix may have better manicured flower beds and tidier lawns than Messidor, but what Messidor lacks in sophistication it more than makes up for in ambience and friendliness. We wished we could have stayed for the Saturday night dance which goes on until one in the morning and is well attended by local naturists - maybe next time. There's no doubt that Messidor is a place which we shall definitely return to as often as we can, like many of the visitors we met on our far too short three day stay. ■■■

**Naturist beaches  
and clubs in Europe  
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You are now entering

## The No clothes Zone

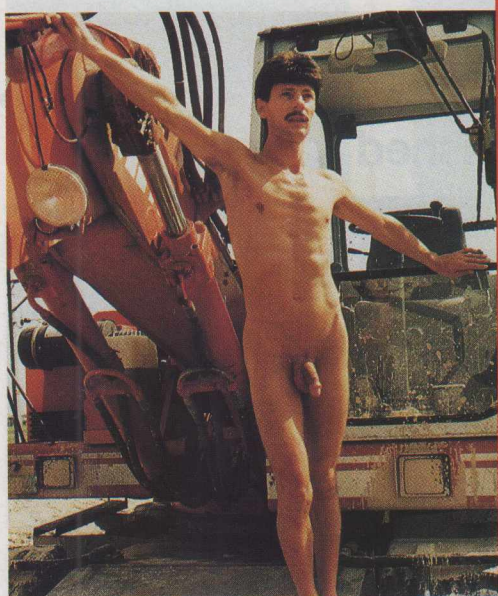


This is where we ask you to leave your **clothes behind** and follow us into the naturist sector.

If you're uptight, narrow-minded or scared of the **human body** we advise you go no further. This sector is for fun-loving naturists only - yes, that **means YOU!** If you want to join us in the Zone then send us your picture. We **pay YOU £15** for every pic published.

(Now that's what I call an entrance fee!)

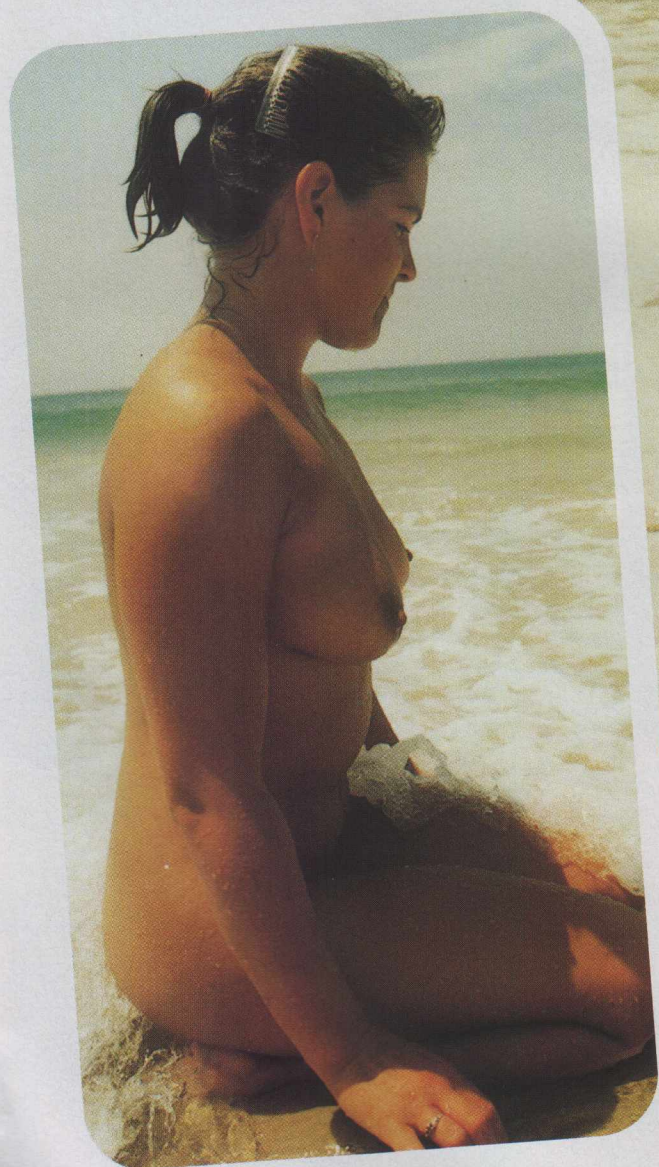
### NAKED TREE-PROTESTOR?!



**EVEN BUILDERS  
WANT AN ALL-OVER  
TAN**

**Clothes optional - fun guaranteed!**





**NATURISM USUALLY TURNS  
HEADS**



# WOMEN OF THE MONTH

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PROUD TO BE  
NAKED - HER  
CONFIDENCE IS  
REFRESHING

Clothes  
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**NOT  
LOOKING  
TOO  
COMFY!**



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WANT  
YOU BETWEEN OUR  
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the lookout for  
readers' photos.*

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British Naturism (often known as the CCBN - Central Council for British Naturism) is the co-ordinating body of over 100 clubs and 25000 individuals that make up the organised naturist 'movement' in the UK. Members receive a quarterly magazine and a personal membership card, issued in conjunction with the International Naturist Federation, which serves as a credential for admission to affiliated clubs and holiday centres throughout the world (often called the "Naturist Passport").

As a member, there are rallies at affiliated clubs all over the country (UK), in addition to many swimming and sauna sessions. Note that clubs are independent however, and BN individual members are not automatically admitted to clubs.

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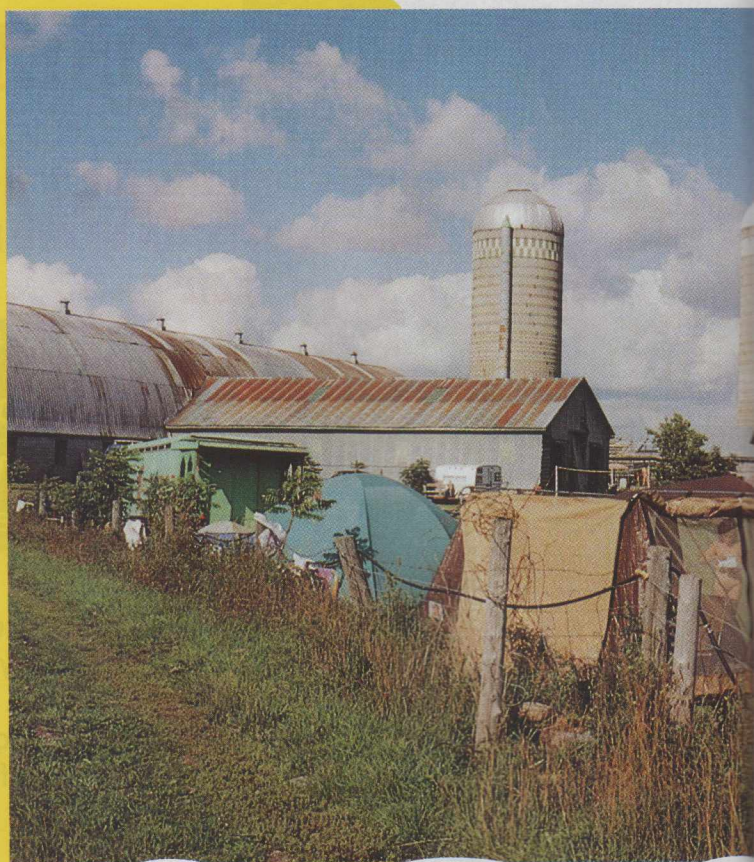
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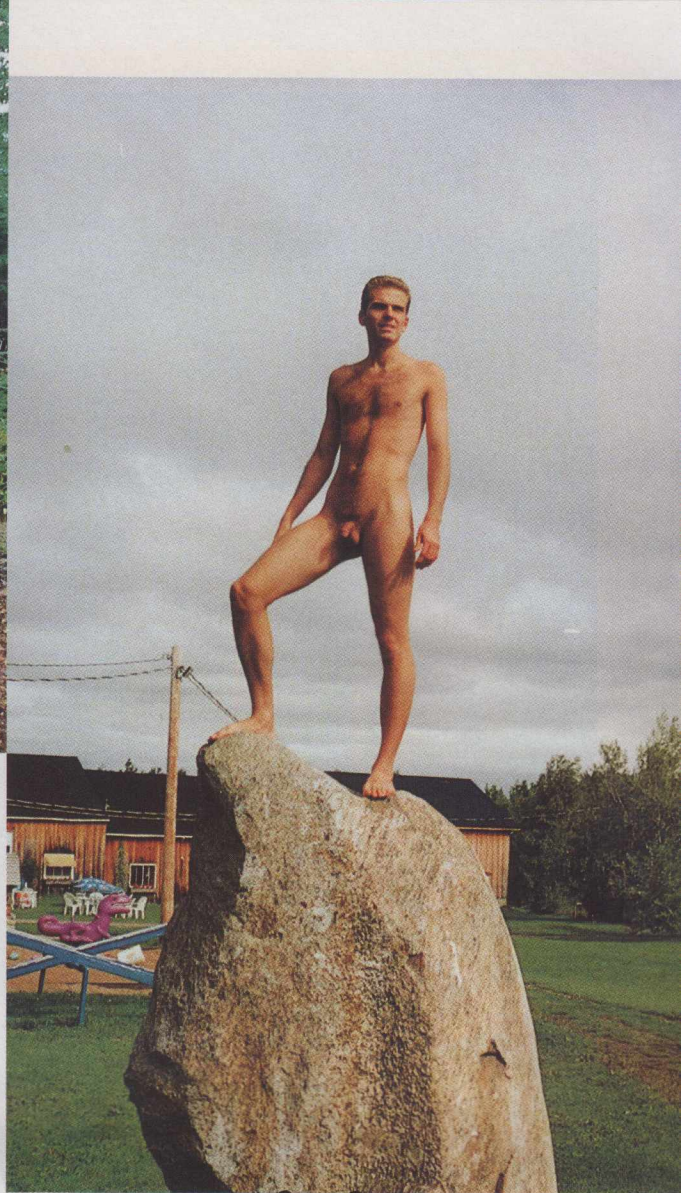
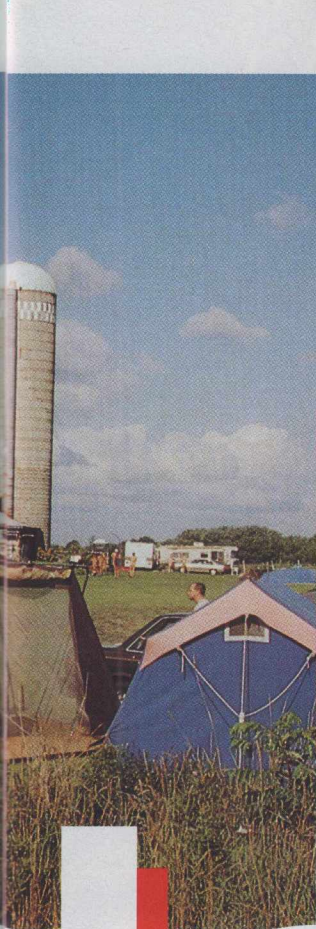
**You won't catch a Mountie with his trousers down, but some Canadians are more laid back! Robbert Broekstra is impressed with both the liberal attitudes and the breathtaking settings of the Canadian naturist scene**



# Canada







Canada

Naturally







# Canada

## Naturally

About 300 miles north of Toronto I found a gem of a naturist resort - no wonder it's called Jewel Lake. John and Betty are the proud owners of this wonderful place. They bought it nine years ago and the land once belonged to an Indian reserve, which it still borders.

John and Betty kept this resort a secret for many years, but a couple of years ago decided it was too good to be kept quiet. More people are visiting the area but they don't want too many people. When I visited there were 40 couples at the site, many of whom had come from the USA.

The water in the lake is like crystal and you can easily see the bottom. I was told the water is so pure, you can drink it. I took John up on his claim and he was right, it tasted very good and better than tap water.

When we arrived, the sun was shining and the temperature was invitingly warm. So we hopped into a canoe and later I tried a water bike. We pedalled across the lake and spotted lots of wildlife on the shore. I was told the sight of deer, wolves and moose is very common. Around the lake there are also rocks and sandy beaches to sunbathe on. However, as it was the beginning of September it was very quiet and some days we were the only guests. There are no shops in the grounds but the town of Sturgeon Falls is only 10 km away.

Those who like fishing will find lots of

opportunities to do so and you may even catch a trout. The lake is a stunning place to stop and relax; the sun reflects on the water and even when clouds appear the pattern they make is transfixing. It's rare to experience such tranquillity these days and it's wonderful to have the peace to think about nature and life.

John and Betty have plans to build a road half way around the lake and it should be finished towards the end of the year, giving the tents and caravans more space.

When the weather finally turned, Betty and John were kind enough to light the sauna and we ran into the lake whenever it got too hot.

### *How to get there;*

*From Toronto take the Nr 400 highway north to Barrie, then the Nr11 north to North Bay. Go west on Highway 17 towards the Sturgeon Falls. After about 24.5 km look out for Riding Stable Road on your right hand side. After 6 km down a dirt road you'll see a gate on your right and a small sign up a tree. Go through the gate and shortly you'll find the site.*





**“John and Betty kept this resort a secret for many years, but a couple of years ago decided it was too good to be kept quiet. More people are visiting the area but they don’t want too many people.”**





## Barn-storming

I last visited the open-minded community of The Grand Barn four years ago. I remember with fondness the warm welcome I received from Peter Riden and his family who run and live at The Barn. Since then, The Grand Barn has accumulated both more land and more members. Peter has also dug a lake called Desire Lake. It's great fun to take a boat out to Rock Island or rest at the side of the lake and take in the surroundings. The plan is to build apartments in the two large silos and a runway for some of its members, who could then fly in.

I was there for the labour weekend celebrations and people from everywhere flocked to The Barn. We organised several photo shoots at Desire Lake. Some of them took place in the Apple Orchard and in the forest at the back of the property, where I got bitten to death by mosquitoes!

On Saturday night we had a great barbecue followed by a jam session. Peter is a rock singer and plays the guitar, while Pierre plays the drums and

Robert the electric organ. As there was a double set of drums I manned the second set and had a great time.

Afterwards we sat round the campfire and the usual bedtime stories were told to the children. It's one big family there and everyone takes care of each other. When things get a little fraught Peter will raise his voice and say, "This is a house of love".

On my second day at The Barn, Thomas Lundy, the president of the Canadian Youth Federation joined me. On Sunday the INIC award was given to Peter who reaches all over the world with his 10 year-old magazine, "The Affiliate". In this magazine anyone can contribute on any subject to do with naked living.

The one problem with The Barn is the ratio of men to women. But the problem of too few woman is a problem most naked facilities suffer. Peter wants to invite women to come to the Barn to live, work or just visit. Once you meet these people you'll wonder why you haven't joined them sooner.

I call The Grand Barn my second home and I certainly hope to return there within the next two years. It's so refreshing to meet people with no hang-ups who are also straight-forward, honest and trustworthy.

**How to get there**

**Take the 401**

**Highway**

**Toronto-**

**Kingston-**

**Cornwall and**

**come off at the**

**South Lancaster**

**cut off (exit 814).**

**Follow the Nr 34**

**to Alexandria-**

**Vankleek Hill. At**

**the stoplight in**

**the centre of**

**Vankleek hill turn**

**right and find**

**yourself on the**

**Barn Road. A**

**couple of**

**kilometres**

**outside town on**

**your right you**

**will see Nr 777**

**and you are**

**there.**

# Canada

# Naturally



(Above left) Peter, Robert and Thomas share the same naked ideals





Girls, the guys don't bite!



# Paul, Jane & Lydia

These three are naked,  
fun and free - no  
wonder they've made  
such good spa-ing  
partners!



Photographs by Leif Heilberg









# HEALTH BITES

## HEALTH TIP OF THE MONTH

To reduce stress, every so often let your shoulders drop and hands hang by your side. Roll your head loosely from side to side. Do this while standing every time you get stressed. Do it slowly and feel your tension fade away.

### OFF YOUR TREE

If you've been in a chemist recently, you've probably noticed the plethora of "tea tree" products. Sun care creams, cold remedies and toothpaste are just some of the products that contain this Australian ingredient. The pharmaceutical industry has certainly adopted it enthusiastically, but it's no new wonder drug. In fact, the tea tree is a native Australian plant that has been rated for centuries for its antiseptic qualities. Aborigines used it, and white settlers drank it (hence the name). Look for products that contain this pure essential oil and see if it can help heal wounds, prevent colds, respiratory and skin problems and boost your immune system. Always follow the instructions on the particular product. It's potent stuff.

### NOW THIS IS HEALTHY!

Many of us believe that we eat reasonably healthily. We moderate the fat, sugar and chemicals in our diet and feel pretty pleased with ourselves. Yet we sometimes wonder why we don't feel totally tip-top all the time and seem to have a few too many little bugs and colds, but we don't always associate this with our healthy diet. This is because our diets are not at all satisfactory, according to Patrick Holford, founder of the Institute for Optimum Nutrition. "We are digging our own graves with a knife and fork," he says. "It may be normal to get colds, feel tired and suffer from arthritis, heart disease, cancer and diabetes later in life, but it certainly isn't necessary. The vast majority of diseases we suffer from are nutrition related, and can be prevented by making simple changes to diet and lifestyle." In his new book, "The Optimum Nutrition Bible", he spells out clearly and persuasively his views on nutrition, diet and general health. Of this most readable book he claims: "I have no doubt that you can extend healthy life span by at least 10 years by following the advice in this book".

Optimum  
Nutrition by  
Patrick  
Holford  
(Piatkus  
£14.99)

## THE OPTIMUM NUTRITION BIBLE



the book you HAVE TO read if you care  
about your health." Hazel Courtney, *The Sunday Times*

**PATRICK HOLFORD**  
FOUNDER OF THE INSTITUTE FOR OPTIMUM NUTRITION



## DOWN BOY, NOW THAT'S ENOUGH, I SAID...

If your partner has (a) forgotten to bring you a romantic present on Valentine's day or (b) has not been treating your commands with total respect and obedience, try wrapping some Valentine's Hand Cuffs around their wrists and refuse to release them until they promise to do better in the future. But what are these furry red cuffs doing in a column called "Health Bites"? Er, um, thinking, thinking. . . Well, they could contribute to a more satisfying sex life, which in turn leads to more stable relationships, and, um, a healthier person generally. Will that do? But I can't wait for an excuse to lock up my partner - these cuffs are so cute. You'll find them in large Superdrugs at £2.99.

## IN BRIEF

### WHIFF OF SUCCESS

If you're swotting for an exam, make sure you wear that special perfume, and don't forget to put on an extra dab when you go into the exam room. That's because smell is an extremely powerful memory trigger. Dr Rachel Hertz of the Monell Chemical Senses Center in Philadelphia conducted an experiment with students who were given texts to learn, accompanied by strong scents such as peppermint and pine. When they took these scents into the exam room, their memory improved by 20 per cent. Enough to make it worthwhile, I'd have thought.

### SPORTY BUT SWEET

When you've just run a five-miler or smashed your opponent at tennis, you certainly look the part wearing your headband and swigging a can of after-sports drink which should fast-inject your energy levels. These high-energy drinks are usually quite expensive, and will give you a bit of a kick. But that will come mainly from the very high sugar and caffeine content. They're smart, but not especially healthy - but if you've got money to burn. . .

### STUPID FASHION

Now it's been uncool to smoke cigarettes for some time, fashionable men and women in the States are turning to cigars. But health-wise it's riskier than cigarettes. E. Mac Edington, president of the Academy of General Dentistry, warned that "Cigars can have up to 40 times the nicotine and tar of cigarettes". What's more, he says, "Because more nicotine is absorbed, I've found that it's much harder for someone to stop smoking cigars than cigarettes." Even if you don't inhale, the nicotine gets through under your tongue. Someone should tell Schwarzenegger and his pals that it's not big and it's not clever.

### GIVE BLOOD AND HELP YOURSELF

You are less likely to suffer a heart attack if you are a blood donor, according to scientists at the Academy of Finland. They studied 2529 non-donors and 153 blood donors. Only one of the donors had a heart attack, against 226 of the non-donors. Whilst it may be true that donors are likely to be healthier, it still gives them an 86 per cent less chance of them suffering a heart attack. It is thought this is because losing blood reduces the iron levels to a healthier level.

## EVERY BREATH YOU TAKE - EVERY SNORE YOU MAKE

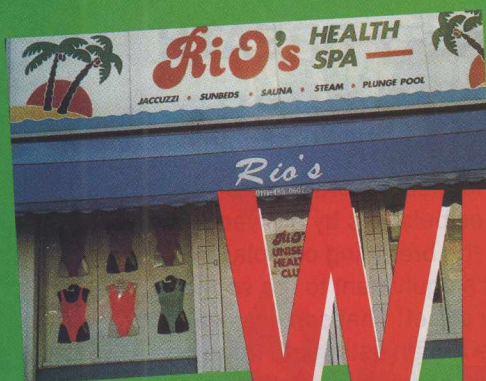
The loudest recorded snore measured 93 decibels was by a Swedish woman with the breathing complaint apnoea. That's equivalent to the sound of a busy street! That's excessive, but there are an estimated three and a half million snorers in the UK, with one in five men and one in 10 women chronic sufferers. Snoring occurs when the narrow opening between mouth and throat is blocked, making the soft palate vibrate.

This can be caused by a number of reasons, but is often due to smoking, cold, catarrh and alcohol. Apart from causing distress to our sleeping partners, snoring can be harmful to the person, due to fitful sleep. It is linked to the complaint, apnoea, where the main symptoms are lack of air passing through the nose or mouth for second at a time. Dahm's Good-Night is a natural product formulated to bring relief to snorers. It comes as a mouthwash to be taken last thing at night, and is a blend of essential oils including rosemary, sage, lavender, peppermint, fennel and mastic oil extracted from the resin of a Philippine tree. These oils work directly on to the soft palate. While it doesn't claim to cure snoring, it has been shown to reduce the volume of snoring, thereby promoting restful sleep.

**Dahm's Good-Night costs £14.95 for 5ml concentrate which lasts up to six weeks. Further information: 01202 890335, Good-Night products, 74 Victoria Road, Ferndown, Dorset BH22 9JA.**







# ROUND THE CLOCK WITH RIO'S

*Unless you like to strip off at Stringfellows, there are few all-nighters open to the naked. Rio's in Kentish Town has always been the exception. Jon Williams joins the night shift and discovers why insomniacs have never had it so good*

Menfolk agonise about going to Rio's. Trust me, I know. London's oldest clothes-optional health spa stays open until 7 am each morning and, as my new friend (we'll call him Alan) has been ably demonstrating all night, it can be a hard place to leave.

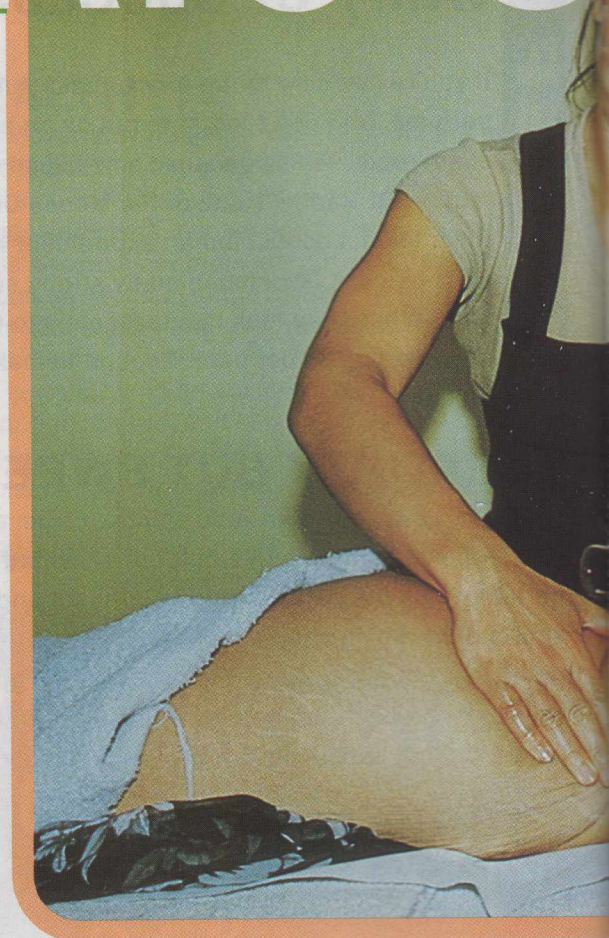
The clock behind the bar reveals that Alan has precisely two hours and 43 minutes to exchange the comfort of his lounge in the warm TV room, which he shares with 20 other mellow recumbents, for greasy overalls and the rattling chill of his early morning round.

With Herculean effort he swings his naked body upright, returns his coffee mug to the ever-smiling Caribbean girl with the impossibly perfect breasts and trudges to the changing room to prepare for the real world. The yawning residents of Primrose Hill will never know the sacrifice behind the safe arrival of their semi-skimmed.

The girl resumes her conversation with the group of young black guys and their mainly swimsuited girlfriends at the bar. They're laughing about the effect one couple, unable to resist a passionate clinch in the sauna, had on the hopefuls who followed them in. It's all good natured stuff. The guys content themselves with a few tent pole jokes while the girls keep a beady eye on Bruce Lee on the TV.

Everyone else is happily chilling, having enjoyed the newly-completed range of facilities that have been added in a three month period of improvement. A massive 25-person Jacuzzi now overlooks the pool, relieving the congestion the two smaller ones sometimes suffered at busy times - Rio's attracts anything up to 200 people during couples-only sessions and at weekends, especially after a visit by Channel 4's "The Word".

A new massage room with electronically adjustable couches has been added. It's £20 for an hour or £15 for 30 minutes. Couples can do each other for free in the private self-service area - a nice touch. A new, glass roof now gives the soft drink/snack bar a bright, airy feel. Snacks



are reasonably priced, all drinks are complimentary and the service is unfailingly cheerful.

Elsewhere, in what the brochure describes as "10,000 feet of tropical paradise" are two large saunas and two steam rooms - the eucalyptus vapours do wonders for congested city lungs.

There's a plunge pool, conservatory, three sunbeds (£5 per session), two TV lounges and the surprisingly peaceful garden. Quite a sun trap, even during my visit in late September. Some room has had to be sacrificed outside to accommodate the reshuffle inside so the gym will soon to occupy part of the adjacent sun terrace.

But it takes more than an extensive range of hardware to ensure a venue's continued success and the management work hard to foster a convivial atmosphere.

Various theme nights during the week encourage socialising: Monday is quiz night; staff take on customers at water volleyball on Tuesdays (Rio's Warriors v Bonnie's Gladiators); Wednesday sees everyone gathered in the TV lounge for films with free ice cream and popcorn; assorted carnivals are staged on Thursdays and Fridays, as Paula, one of the hostesses and my willing model informs me, is invariably "mad night".



K



***“Everyone else is happily chilling, having enjoyed the newly-completed range of facilities”***







# Info

**Rio's Naturist Health and Relaxation Club is at 241 Kentish Town Road, London NW5 (Kentish Town Tube and BR). Tel: 0171 485 0607**



From one classical beauty to another

"We get all sorts in here," says Joe, a regular who, spotting my camera and notebook has ambled up to provide a few satisfied-customer comments. We retire to one of the two smaller hot tubs, ideally situated for people watching. The woman whose floating meditation my earlier pool dip recently disturbed grins at us from the opposite tub. She's met some friends amid the bubbles and is looking none the worse for it.

"It's not really a naturist place," Joe continues. "It's just for anyone who likes to relax and have a good time. We get people who've never stripped off in company before but feel that perhaps they might like to give it a try. There's no pressure either way and I think that's why it seems to work so well. Everybody gets on together."

True enough, the group of Asian girls who've been scurrying from pool to sauna to spa to steam all night remain resolutely lycra clad. A couple of young guys remain in shorts and a thin, nervous-looking man is enduring a minuscule and clearly constricting pouch with admirable fortitude. It seems a little unnecessary to us but I guess you wear whatever makes you feel the most (un)comfortable.

Rio's operates in two shifts. From 11 am to 10 pm and

from then to 7 am. Couples and single men pay £15 (ladies £10) for each or £25 straight through. The daytime clientele includes businessmen who pop in for a lunch time workout or to wind down after work. Typically the mix is 75 per cent male and ages range from early 20s to late 60s.

The evening sessions attract more party-minded men, couples and groups, particularly as the night wears on, and especially at weekends. Once past midnight, time loses meaning, the only discernible punctuation being the wistful shuffle for the last tube home.

At 2.30 am, and with no desire to leave what has become a very peaceful, relaxing atmosphere, I return to the new Jacuzzi, large and now empty enough to swim a few strokes in. Then a dreamy float as the timer switches off the air jets and the water returns to an appropriate calm. Something hard slaps against my stomach. I duly return the ball to the volleyball team in the pool below.

Those still here, and unlike Alan, not pressed for time, have obviously decided to stay the distance. The TV lounge is a mass of supine bodies, watching the late film with half an eye, chatting in hushed whispers or nursing yet another complimentary caffeine hit.

Others, lulled by the peace after a hard day are pushing relaxation a little deeper. Pulling open the door to the darkened chill-out room reveals a soft snoring.

Either way it seems the biggest exodus into Kentish Town Road is going to occur in daylight. By half seven many of the younger all-nighters will be paying for their coffee in a Camden café, stoking up for a busy day before the nightfall leads them to partyland.

After a number of false starts I eventually tear myself away at 3 am. The shimmering Westway, which you can truly claim to own at such an hour, had me home by 16 minutes past.

As is usual for a Friday night, there was a slight outbreak of partying in evidence. Unusually I felt no desire to join it. Having spent an enjoyably relaxing night in an oasis of calm I saw no reason to up my indolent pulse rate and went to bed.

Only when the street sweeper ground noisily past on the dot of four did I fully appreciate how much people like Alan relied on Rio's easy sociability to brighten often unsociable routines. ■■■

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# THE DEB'S DILEMMA



Relative values  
under pressure

**So it's the first time you've persuaded your whole family onto the naturist beach; will they strip off, where will they look, where will you look?! Mike Perkins tells us why he found his step-daughter's naked debut a traumatic experience...**

**O**n our first holiday together, Gloria and I stumbled onto a nudist beach at Sidmouth and quickly joined the scene, becoming enthusiastic naturists from that time on.

When we married, both for the second time, we each brought three adult offspring into the combined family. Our brood were not amused by our dedication to nakedness, five intimating the pastime to be totally disreputable while the other, Gloria's daughter Sandra, was unable to come to terms with the thought of her modest mother openly displaying everything she'd got!

As time passed I thought I'd detected a spark of interest in Sandra's attitude when discussing our visits to Eastney and, one hot weekend, suggested we all went to the beach together.

Nevertheless, I was still surprised to hear her accept the invitation and was later swamped with doubts as to whether the proposal was very wise as she and her young daughter climbed into the back of the car.

This was no biological child of mine, with memories of shared family intimacies while growing up. This was an inherited, adult and extremely attractive daughter with a sometimes feisty nature - capable of attracting men like moths to a flame but, as she'd proved so many times, ready to cast them aside when they threatened her independence.

Were we really capable of overcoming all inhibitions while appearing naked together in public? The sight of Gloria lying nude on the shingle has sometimes required me to hastily disguise an interesting growth at my groin, so what if my control was lost when in the company of her and her daughter? Could the resulting metamorphosis be ignored as a natural phenomenon and, if not, would it be more likely to cause embarrassment or mirth? One thing was for sure, whatever the answer, a public beach was not the place to put it to the test!

I most definitely didn't want to offend and knew I'd have to limit my natural curiosity if I didn't want to be labelled a pervert by appearing to be over interested in Sandra's assets. That could blow away any future visit for ever. However, most of all, I feared a critical assessment of my own bits and pieces. I'm not as young as I was, showing a little flab where muscle used to be and, I have to admit, my waist has expanded over the years while my perky appendage appears to have shrunk considerably!

I don't normally care what others on the beach might think - but this was family and their views matter!

Sandra still claims she didn't realise we were headed for the naturist beach until we were well on the way. However, her personal inclination to panic was subdued by our constant assurances that she didn't have to bare all, as the beach was used by both textiles and nudists.

On arrival we strode along the shore, passing people who were progressively wearing less and less, eventually settling close to a family group where the adults of both gender wore nothing but rings pierced



through their floppy bits.

I undressed and studiously stared out to sea. Gloria bared all and squatted alongside her daughter. Sandra decided she could cope with being topless, displaying her breasts while hiding her face in a book.

My wife and I took our granddaughter into the water and, on our return, found Sandra had climbed out of her bikini bottom and now sat modestly on the stones, apparently engrossed in her book.

I made no comment. Gloria ignored the sight. Emily, Sandra's daughter, although herself wearing a costume, took no notice of her mother or any of the other nudity around her. Sandra didn't move until it was time to go home!

In retrospect, the events of that afternoon seem funny, but they had the effect of breaking the ice. On the next occasion things were much more relaxed. Sandra was at ease with her bare body.

I was no longer concerned about any comparisons she might make between me and any of her male associates since, after all, a father figure shouldn't agonise over such inconsequential things!

Gloria only worried about whether the rest of us had got enough to eat and that Emily remained safely in sight.

My daughter, for that's how I look upon her despite the lack of a genetic connection, still recounts how she coped with her first nude walk down the beach:

"Going down the beach wasn't so bad since people could only see my backside. Coming back was a little bit different, but I realised after a while that people don't actually look at your body, they actually look at your face and smile. So, if you walk along and imagine you've got a bikini on, it's really no big deal. In fact, it's quite nice. Of course, when leaving the water I was giving everyone a full frontal view, but nobody was pointing or staring at me, just smiling, leaving me comfortable despite not having any clothes on. Now I enjoy it there. I've nothing to be ashamed of, it's not at all dirty or sordid. Neither is it particularly erotic - just very comfortable."

Once that first walk was achieved, all her reticence fell away and we are now able to share each other's company as nature intended.

So, perhaps it's now time to admit to her that folk do sometimes peek at more than the face, but then I'll remind her of the old adage: "If you've got it, flaunt it?", and people will still smile as you pass! Even her mother has been known to pass comment on some of the more significant attributes on display!

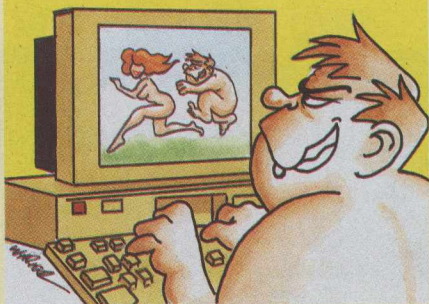
All we need now is this daughter to influence the rest of the brood!

Sandra still claims she  
didn't realise we were  
headed for the naturist  
beach until we were  
well on the way.



Like mother, like daughter





## **What's new for nudes** **in the New Year** **news?**

### **DICING UP THE DISH OF THE DAY**

Most male employees would die for a vivacious female boss with a penchant for stripping naked and demanding sexual favours from their staff. Hong Kong chef Zeng Liang-xin, recently sentenced to life for beheading his amorous kitchen manager, is the exception. Angered at her repeated attempts to seduce him - with threats to accuse him of rape if he didn't - the chef pushed her away whereupon she fell and was knocked unconscious. Thinking her dead his work instincts swiftly returned. He hacked off her head and chopped her up.

## **DIRTY DEEDS, DONE DIRT CHEAP.**

His balloons don't stay up, his trains run late and his PEPs can be pricy but you can't fault Richard Branson's PR. An advert for the corporate hippie's latest wheeze, free access to the Virgin net, features the Woodstock-esque image of a naked couple running hand in hand through a sunlit rape field.

"Roam free on the Internet for a whole month at no charge. Man, that's free," says the blurb. But this is more than simple feel-good association. A report just published by a WWW watchdog group reveals that the majority of Web users are still downloading images of nudity and sex.

Lust dominated the list of the top 10 search words, the most frequent being Nude, Porno and Sex. "Of course, it's no secret that the Internet is mostly the domain of anoraks, but we are expecting an upturn in business use in the future," was the optimistic comment of one of the report's authors.

Maybe that's why the ad's joyous nudists are shown enjoying real time roaming and surfing in the sunshine. Not only is it so much more fun but they know they're unlikely to meet any irritating voyeurs, most of whom are too busy accessing X-rated websites to venture outside.

Similarly, Virgin appears to have subtly distanced itself from such an unsavoury association while generating a healthy income from it. Now that's cool. Man.

## **FASHION TURNS FULL CIRCLE**

It's traditional at fashion shows for the models to only partially wear the zillion-dollar designs and leaving the coverage to the media. It's a proven system, with column inches rising with the nipple count.

Seemingly it's only a matter of time before Naomi, Kate and Christie sashay naked up the catwalk, merely pointing at their chosen piece of McQueen or Galliano couture.

Similar thoughts must have been occupying the mind of actor Jim Carrey as he compéred the recent VH-1 Fashion Awards in New York. It was a dazzling event: the Rolling Stones played; Kate Moss and assorted A-list celebs cried on cue as Versace's final designs were revealed. Even the ubiquitous Melinda Messenger kept her over-exposed globes covered.

But Carrey stole the show, appearing dressed only in a fig leaf and eating an apple. "This is where fashion began," he declared. "This fig leaf was originally modelled by Adam in the Garden of Eden." Let's hope it becomes next year's Big Thing.

## **TEAT FIGHTING MAN**

When the predictable fighting broke out between rival supporters at one of England's World Cup qualifying matches police were able to pinpoint the offenders on the ground's surveillance monitors.

Studying the tape in detail afterwards they also noticed that a woman in the crowd was attempting to divert the protagonists' attention by repeatedly baring her breasts.

Her strategy, which had a limited, local effect, was once a common sight in Victorian Dublin. Women would hoist their voluminous skirts and expose their genitals to quell closing-time streetfights-many of which were probably staged with just that in mind. God help the football authorities if the trend catches on. . .

# **EXPOSED**





## JP WHO EXPOSED BOTTOM LOSES HER SEAT

It's long been common knowledge that whenever they fancy a change from S&M, various members of the Judiciary like nothing more than to covertly indulge in a little naughty nudity. Secrecy, of course, is vital given the sensitive nature of their jobs.

So it was no surprise to hear that the female magistrate photographed baring her bottom has been booted off the Swindon bench by the Lord Chancellor. Josie Lewis has been told that her "mooning" failed to uphold "the dignity, standing and good reputation" of the magistracy.

The incident was merely a contemptuous parting shot during a petty argument with a stable owner- and a scene Jilly Cooper would have been proud of. Miss Lewis, 45, had been collecting some riding tackle from the stable and the owner was recording a photographic inventory. A dispute arose; she dropped her breeches and he snapped her bottom.

"I have never met anybody who condemned me for it. They have all treated it as light-hearted," said an incredulous Miss Lewis after her dismissal.

Stable owner Brian Woodfield said: "I think it's for the best. It's not fitting for someone who can send people to jail to act in such a manner. I'm sure if she had sat on a case where someone had mooned she would take a very dim view."

## HARD GRAFT

At first glance the front page picture on a recent edition of South African ex-pat freesheet "The Star and SA Times" appears somewhat unusual for a family newspaper.

A man is peering intently at a bald, naked woman, sitting calmly astride an upturned television while a black cat performs cunnilingus on her. Either that or she's the owner of a particularly profuse crop of dark pubic hair.

The caption below reveals the truth. The onlooker is a visitor to the South African National Gallery in Johannesburg where South African artist Tracy Rose is sitting in a glass box, knotting strands of her freshly shaved-off hair.

She was part of an exhibition called Graft, and Tracy grafted solidly for two days. Performance art is invariably bizarre and frequently meaningless, a fact never more obvious than when the performer finds it necessary to do it nude.

## SHORTSHORTSHORTS

### THE FEMALE EEAUGH!

"It'll probably have stuff about me dancing naked on tables in pubs; I can't think of anything more hideous." Germaine Greer on why she won't be reading the recently-published unofficial biography on herself.

### I'LL HAVE THE LOT OFF, PLEASE

Naked women are offering £50 haircuts for men at the world's first all-nude hair salon in Las Vegas (where else?). Women customers are served by naked males. Clients are warned: "You can look but don't touch."

## AVON CALLING

Taking advantage of an unseasonal warm spell, a naked man leapt off the 240 foot high Clifton Suspension Bridge and parachuted into the mud below.

## NOT COMING TO A BILLBOARD NEAR YOU

Since hanging up her Wonderbra, Eva Hertzigova has found fulfilment as a life model. Her husband, Bon Jovi's Tico Torres, is fashioning nude sculptures of the body that launched a thousand motor accidents. "She's a natural subject," he draws, "but they had better remain on private view."



# New Zealand - a nudes' free land!

**It was sun,  
sea, and fun in  
the Seventies,  
but when Alan  
Harvey  
returned to  
Uretiti, he  
found it had  
lost none of its  
magic**

On returning home earlier this year, I was keen to introduce my new partner, Terisha, to the delights of frolicking naked on Uretiti Beach near Northland Point. Uretiti Beach is a long white, sandy, surf beach on the shores of Bream Bay. Bream Bay was named by Captain Cook when his lads caught copious amounts of the fish here when he visited our shores back in the 1769. It is approximately 34 km south of Whangarei on State Highway One.

Whangarei is a small city with a population of around 40,000 nestled on the banks of the Hatea River at the head of the Whangarei Harbour. It is just over two hours leisurely drive north of Auckland which is New Zealand's largest city and home of the Americas Cup.

Uretiti is one of the many beautiful beaches Northland is blessed with. Isolated, bordered inland by tussock covered sand dunes, its fine sands are nuzzled by the clear waters of the South Pacific Ocean. Described in the tourist brochures as a naturalist's paradise, it is equally a naturist's paradise. The climate is mild for most of the year, warming to almost subtropical during the summer months of December, January and February.

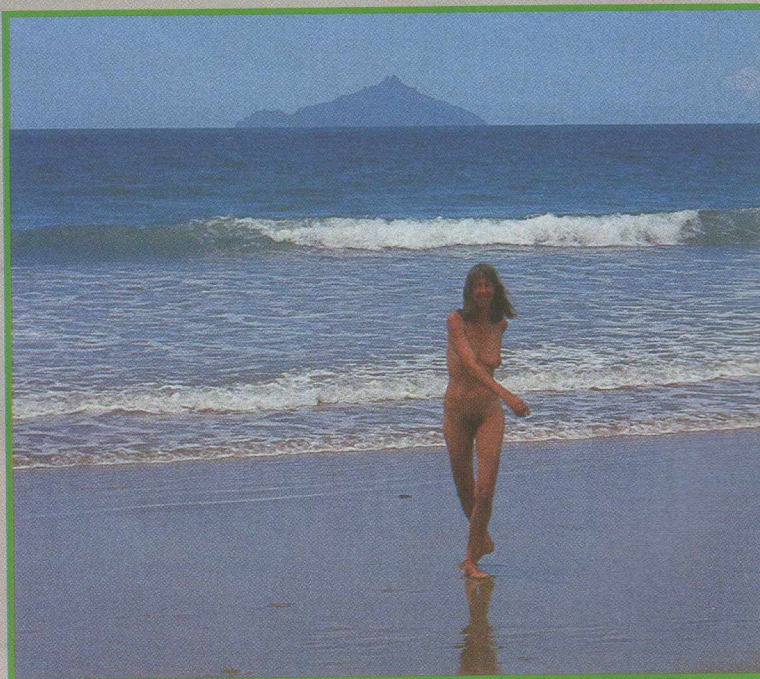
I had fond memories of free beach rallies there, back in the Seventies, when bus loads of nudists from Auckland would join the locals from the now defunct Northern Sunseekers Club, for a day on the beach.

There was a united sense of purpose, great hilarity, kids making sand castles, plenty of vigorous exhilaration in the surf, a picnic lunch and always the inevitable volley ball net. That was way before beach volley ball became the thing to do. Anyway, it was nice to be back there. It seemed a little isolated without the hoards I remembered, but the beach had lost none of its magic. I plunged into the surf to re-live the joys of body surfing au naturel, so lovely to have the clear champagne-like waters caressing my body again. A real delight. Then a quick jog along the sand in the sun to dry off.

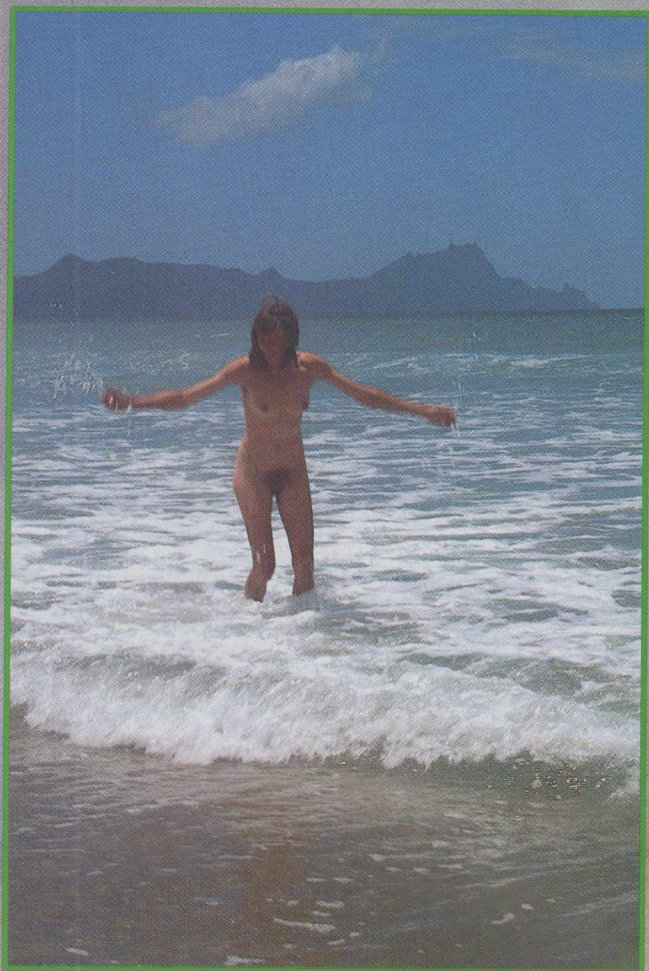
Terisha loved dancing in and out of the waves as they sped up the beach and raced over the sand dunes. It was wonderful to see her sense of freedom as she frolicked before a back drop of Whangarei Heads and the Hen and Chickens Islands, blue sea and blue sky. It was with great pleasure that I recorded images of her joyous dance with nature, trying to keep up with her romp, through the viewfinder.

Beyond the big 50, even if she's a little touchy on that subject, Terisha puts her trim figure down to a healthy vegetarian diet and regular aerobic exercise.

Even though I haven't been active in the naturist club scene for some years, it's great to have the freedom to go natural the New Zealand way. It speaks well of the level of tolerance within the community for those of







That hippie spirit  
hasn't died!







us who choose to have a little more freedom in our play.

The beach is fairly well accepted locally as the nudist beach but there will be times, especially in the summer months, when you may have to share the beach with textiles, swimming or fishing. There is, however, plenty of beach for all to co-exist on without offence being caused.

There is a textile family camping ground, with direct beach access and truly amazing views. It has one hundred emplacements but only basic facilities like toilets, water and cold showers. Administered by the Department of Conservation, the camp has a caretaker in the summer months but is self-registration for the rest of the year. The cost per night is NZ \$5.00.

Apart from that, there are no facilities at the beach, so visitors need to arrive well prepared with food, drink and sun block. At times a little insect repellent could be rather useful. If you require shade during the day a sun umbrella is essential. Nearby there are two small villages, Ruakaka to the north and Waipu to the south, where you can purchase most of your needs, eat out, or even have your diving tanks refilled. There is also more sophisticated accommodation available at these centres.

In the general area of Bream Bay there are a host of the usual Kiwi textile holiday attractions, including horse trekking, farm stays, fishing trips, boat hire, diving, horse racing and golf.

For the more solitary souls among you, there is a wild life refuge nearby at the mouth of the Waipu River. New Zealand dotterel, oyster catchers and the endangered fairy tern breed there. Rye bill, reef heron, banded dotterel, turns and other seabirds can also be spotted in the reserve.

Further information about Uretiti, Bream Bay and camping facilities is available from the Whangarei Visitors Bureau, Tarewa Park, 92 Otaika Road, Whangarei. Fax (09) 438 2943.

The closest international airport is at Auckland, flights are available from Auckland to Whangarei or alternatively you can hire a rental car from Auckland International Airport. Buses depart from down town Auckland to Whangarei at least daily. ■■■







On the exotic side



# Let sleeping guinea pigs lie!



**Desperate to give his partner a peaceful night's sleep, Mark Carlton thought St Thomas' Hospital might cure his snoring. But the sleep laboratory had some major surprises for him**





In the vaults of the NHS my name does not feature in any significant way - apart from one unique event. Of course, I've had the usual things like having my tonsils removed, broken leg, and slightly more unusually, treatment for malaria. Nothing extraordinary.

Except for this one thing; I am the only person to have ever discharged themselves from the sleep laboratory at London's St Thomas' Hospital because they weren't able to sleep.

What was I doing there in the first place, you may ask? Well, I'm a snorer. Not just a producer of a steady "zzz"

throughout the night; no, my snoring is more like the cacophony of the entire animal population of Old Macdonald's Farm after a heavy night's drinking. At least, that's what my insomniac partner Suzie said it's like. Mind you, she gets no sleep so when she tries to describe it to me the next morning, she's so knackered she's dropping off before she finishes her sound effects sequence.

Anyway, we decided we had to do something about it. I went to my GP and he referred me to the sleep laboratory at St Thomas'. About a million months later, I got a letter saying I was booked

in for an overnight stay. I was to bring my pyjamas.

The test was to find out why I snored, which you might be surprised to know can be for any number of reasons; blocked nose or throat, shape of the air passages, thick neck, too much booze, cigarettes or food or, most worryingly, what is known as obstructive sleep apnoea. That's when the air passages are so compressed you stop breathing and oxygen stops going to the brain.

Beneath the jokes, snoring can be quite a serious affliction. Don't worry unduly because a big snort will always get you breathing again. This is the distinctive, irregular sound pattern of someone with apnoea. You rarely die of it directly but after nights of deprived sleep (it prevents you sinking into deep restorative sleep), you become very tired and are liable to do things like fall asleep at the wheel of your car.

As requested, one Tuesday in March I turned up at the sleep lab at 9.30 pm, carrying a little hold-all. Since the day my appointment had been booked, I had been asked to attend a meeting in Birmingham on the following evening after a full day's work in London. It was therefore essential I got a good night's sleep. If I had known what was to follow, I would never have knocked on the door and would have turned on my heels and gone home.

Eventually Amanda, a researcher, came to the door and I was led into this room which was in semi-darkness. There was a bed in one corner and this, in about an hour's time, was to become mine. She told me to put my pyjamas on and go to the loo.

Then she sat me down in the next room where I saw she had an assistant. In front of Janet was a bewildering array of machines - screens with tracers feverishly weaving their way up and down, red dots exploding on to white backgrounds, the whirring of computers, charts and goodness knows what else. And there was a television which was showing "Peak Practice". Well, that would put me to sleep if nothing else would, I thought.

"We'll be with you all night," said Amanda.

I grinned. "Well, that'll be nice," I said. "What both of you?"

"Now stop it, Mr Carlton. It's not that kind of place. We'd never get funds for that from the NHS, anyway. Come to think of it, we never get funds for anything. Right, take off your shirt and sit here."

I obeyed. Slowly, but rather inexpertly (it was her first time), I had electrode after electrode attached to my body so that in the end I think there were 16 altogether, sticking out of my chest, arms, head and face, and legs.



**"Suddenly the door opened and silhouetted against the light flooding in from the control room stood Amanda and Janet. "What do you think you're doing, Mr Carlton? You've destroyed our experiment"**

Then I was given this box to hold, from which wires sprouted. When I was lying down in bed and sleeping I was to put this box on my chest and not move, I was told.

I shuffled back into my makeshift bedroom where I immediately heard the sound of very loud snoring. It was the other patient in for the night. I couldn't believe it: there was a gap where the partition should meet the ceiling and I could hear everything. I may be a snorer too, but I am a very light sleeper; how was I to get to sleep with that racket going on?

Amanda came in to tuck me up. She told me that if I needed anything I was to tap on the little window behind my head and they would hear in the control room. I learned that I was to be videoed all night, and in order for the camera to see, a sidelight had to stay on.

Alone, my mind started racing, wondering what all the wires coming out of my body were revealing about me on the blank screens. Meanwhile, the snoring from the next room continued. My feet were getting hot and sticky from the tapes. Exasperated, I tapped on the window.

In came Janet. I told her I couldn't sleep for all the above reasons. "All right, we won't use the video, it's not essential," she said. "In that case we can turn out the light. Good-night, and relax."

It was already way past 11 pm. I could hear the girl's television - it was something like "Prisoner: Cell Block H" on now. I could hear the girls talking and I could hear the whirring of the machines. And I could hear my neighbour's snoring. I tapped on the window.

In came Amanda. By the tone of voice I could tell she was not pleased. "I can't sleep," I said. "I'd like to go home."

"Now just forget about everything and relax."

"Would you like to tell me how to relax with that guy snoring, this box of tricks on my chest, the machines groaning, the television on and you lot chattering?"

"Just try. We'll turn down the telly." She went out.

I really tried. I breathed deeply, I thought of green fields and lying in the sun, but nothing helped. I needed to be refreshed for work and for the drive up to Birmingham. I was desperate. I started tearing the wires away from my body.

Suddenly the door opened and silhouetted against the light flooding in from the control room stood Amanda and Janet. "What do you think you're doing, Mr Carlton? You've destroyed our experiment."

"I'm discharging myself and I'm going home. And obviously you think your experiment is more important than patients' well-being. How can your conduct research into sleep conditions like this? It's a disgrace."

"Mr Carlton, if you go, you'll be the first person in the history of St Thomas' sleep laboratory to check out half way through the night. You're obviously not treating your sleep problem seriously."

"Sweetheart," I said in my most acid tone, "that is exactly what I am doing. It's you and St Thomas' that are not. Goodnight." I stormed out, the sound of the other patient's snoring still booming in my ear.

I looked at my watch and saw that it was one o'clock. I'd missed the last Tube home. At the hospital reception desk I asked if there was a guest house nearby where I could spend the night. The security guard asked who I was. I tried to explain about sleep laboratories but he didn't seem to understand. I was put onto the duty doctor.

I explained that I had left the sleep lab because I couldn't sleep. It was a long time before she stopped laughing. Anyway, she said I was entitled to spend the night in the hospital's own overnight accommodation, but it would cost me £16. I agreed, and one of the security guards marched me across to the accommodation block in the pouring rain.

He gave me a key marked E66K. He said the room was "up there" and waved his arm in a northerly direction. He told me to pay the receptionist £16 in the morning. From the outside, I had seen that the block was five storeys high. The corridors were dark and the timed light switches hard to find and the lights went out before I found the next one.

The room was small and noisy because it overlooked the road into Waterloo Station, which never goes quiet. A street light beamed in intrusively. But I was so tired, I slept.

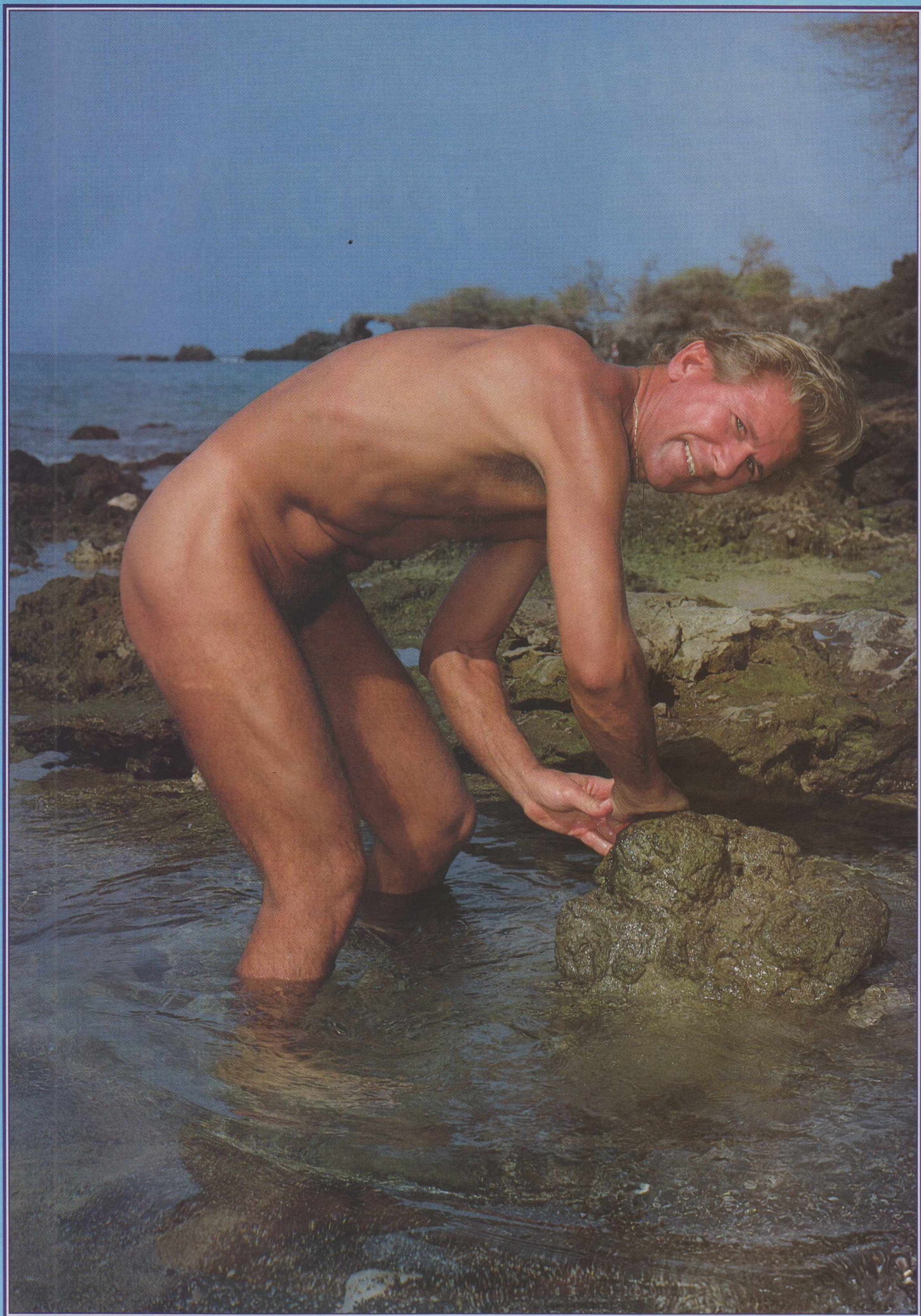
It was six o'clock when I awoke. I leapt out of bed because I had to get home before going off to work and preparing for the drive that evening. I dressed and went to reception but as no one was there I walked past, glad that I had avoided paying. Every cloud has a silver lining.

I realised I was in no fit state to go to Birmingham that night, so I phoned and cancelled. I just about made it through work, pulled myself home in the evening and fell asleep on my lumpy sofa.

And no doubt I made an almighty racket snoring loudly. Only the sound of Suzi's key in the door woke me four hours later. "Why aren't you in Birmingham?" she asked, surprise written all over her face.

"Well, it's like this. . ." ■■■







# ***“Haven’t you forgotten something?”***

**First time naturism is easy for the absent minded! Wim talks to Peter Oakes about his wife’s first naked adventure**







One summer about 10 years ago my wife Toos and I were lying on the local beach near where we live in northern Holland. We had always visited this beach and knew that nearby was one of the first naturist beaches to be allowed in Holland.

For a long time I had been attracted to the naturist way of life but my wife was doubtful and reluctant to let her naked body be seen in public. We had discussed the matter of becoming naturists with our children - four daughters and a son. Generally their attitude was, "If that is what you want to do that's fine but don't expect us to take our clothes off in public." One of our daughters jokingly said to my wife, "If I am with you on the beach and you decide to sunbathe topless then I shall move a mile away and say to myself, 'this is not my mother'."

Unfortunately, up to the present time none of our children have ever tried to be or wanted to be naturists, though they understand and accept this is an aspect of life that we wish to experience and enjoy.

After a couple of years my wife had overcome her fear of sunbathing in the nude as long as she was screened from view by a windbreak. If we decided to have a walk on the beach, Toos would always slip her bikini bottom back on. She still felt uncomfortable being totally naked and for others to see her like that.

One warm and sunny summer's day we were walking hand in hand along the naturist beach. I suddenly stopped, turned to my wife and asked "Haven't you forgotten something?"

"No" she replied, "I don't think so." I suggested she take a look at herself and reconsider her question. Standing there totally naked she realised her bikini bottom was with the rest of our beach gear - she was naked and she hadn't even noticed.

From that moment on both of us have been naturists. We joined our local naturist club which has about 200 members. Although the club doesn't have a swimming pool, the grounds are very nice and there is

**After a couple of years my wife had overcome her fear of sunbathing in the nude as long as she was screened from view by a windbreak.**



a good clubhouse where we can socialise and play games. It is useful when the weather is bad. There's no real need for a swimming pool as the sea isn't very far away.

All of our holidays are now spent at naturist camps and resorts. For the past five years we have stayed at Le Cro Magnon, a site which has magnificent views over the Dordogne river in France. Personally we find this a most beautiful place if you want peace and quiet during your holiday.

By becoming naturists we have overcome the mental barriers which society had drilled into our minds. Our fulfilment and appreciation of life, nature and friendship has been enhanced by adopting the naturist way of life. ■■■



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### JUST FRIENDS

**LIFE'S A BEACH** Nurtist couple, late-30, seek other naturists, & families, for beach visits, social evenings, etc. Scotland. ML 26778

**STUBBLE TROUBLE!** Shaven, 30, naturist couple, seek similar couple, for social evenings, beach visits & more. Dumfries. ML 26780

**LEWD IN LONDON** Outgoing, inexperienced man, 30, seeks witty, honest & gregarious man/couple, for clubs & carnality! ML 33184

**NAKED LUNCH?** Naked European Male, who is long-haired & open-minded, WLTm like-minded naturist couples/ Females, for bare-faced fun. Manchester. ML 32984

**SHED PRETENSIONS?** Attractive & solvent Midlands Male, 50, WLTm people who believe that naturism is a philosophy as well as a pleasure. ML 33050

**COLD THIS CHRISTMAS?** Adventurous bisexual guy, 29, seeks like-minded, frolicking Males/Females/Couples, for winter warmth! Bristol. ML 25899

**STRIPPED TO THE BONE** Nude-model, 35, tall, fit, practicing naturist, seeks people interested in the Male form. London. ML 26683

**STRESS-BUSTER!** North East-based masseur, athletic & attractive, seeks uninhibited lady, who'd like a sensual & satisfying stroking! ML 26691

**SULTRY IN SURREY** Tall, medium-built explorer, 49, seeks open-minded, intelligent & empathic people, to guide him into naturism. ML 33040

**CANDID CAMERA** Lust in Luton, 50 year-old photographer, seeks people, 50-70, for stitch-free posing. ML 25423

**PUNISHMENT, CORPORAL** Policeman/serviceman, under 40, wanted for friendship. Inform those in uniform that this guy is an arresting sight! South West. ML 25835

**CRAZY IN CUMBRIA!** Tall, very well-endowed exhibitionist, likes videos & photography, seeks equally adventurous people, for...anything! ML 25287

**TWO FOUR MORE?** Very sociable, sophisticated, carnal

couple, 40s, seek like-minded couple, for holidays, etc. Wales. ML 26601

**NATURALLY NATURIST?** Convivial 45 year-old chap, who is into all things naturist - massage, videos, saunas, etc., is looking for like-minded friends in the Scarborough area to share his passion... ML 24919

**FUN AND TRAVEL** Professional, 28 year-old French Male, approachable & fun-loving, seeks similar people for fun & travel. Buckinghamshire. ML 26499

**'WHEELIE' GREAT!** Mad, bad, 31 year-old mountain-biker, enjoys cinema, beaches & laughing. Seeks fun-loving, friendly Female, 20+. Brighton. ML 24868

**COOL BREEZE** You'll be blown away by all the new friends you can make by placing your own FREE ad this Winter.

**HUMAN TRIPOD!** Tall, slim, good-looking Male, 29, athletic & fun-loving. Into photography & adventure. Seeks like-minded Female or couple. Nottingham. ML 23881

**IN THE PINK** Slim, easygoing male, 46, friendly & a good listener. Likes body art, massage & travel. Seeks naturist single/couples, for friendship & more. Hull. ML 22450

**HAPPY FAMILIES** Naturist family, 30s, into visiting beaches, clubs etc., seeks other couples/families/singles for friendship & fun. London. ML 23784

**LIFE'S A BEACH!** Fun-loving, friendly 37 year-old guy, would like to meet an equally easy-going & convivial naturist to go on holiday with. Essex. ML 23310

**FUN, FUN, FUN!** This seductive 24 year-old professional woman is looking for a fun-loving, outgoing girl for friendship. Birmingham. ML 23645

**HEALING HANDS?** This tactile, aware & open 40-something guy, who enjoys massage, naturism & photography, is looking for similarly broad-minded guys/girls for fun and friendship. Luton. ML 24855

**FORGET THE COSSIE!!** Tall, good-looking guy, with blond hair & blue-eyes, who is new to the naturist scene, seeks simi-

larly open-minded & fun guys/girls for nude swims - 'nautical' but nice! Scotland. ML 23765

**GET ON BOARD** Straight-looking/acting, ex-navy Male, Irish heritage, seeks adventurous Male, 18-30, for specialised sport & exchange holidays. Cardiff. ML 26273

**NEW ON THE SCENE!** Young couple, 20s, seek genuine friends, for naturist holidays, clubs & evenings in. Warwickshire. ML 23447

**WOMEN SEEKING MEN** IT'S GOOD TO GIVE Attractive duo, 30s, desperately seeking sexy, slim chap, 20s, as Xmas present for wife. North West. ML 25520

**IT'S STARTING TO GET COLD**, but instead of catching a chill this Winter, why not catch the latest female advertisers on the Browse Hotline before they appear in print.

**MEN SEEKING WOMEN** HOLIDAYS IN THE SUN Blond, blue-eyed Male, 30, into cinema, country pubs & keeping fit. WLTm Female, under 30, for holidays, etc. South London. ML 28347

**DANCES WITH...** Tall, athletic Man, long-haired American-Indian, new to England. Seeks fair, naturist, sparkling, London lady. ML 26693

**SCOT IT ALL!** Erotic in Edinburgh, this warm widower, heavily into naturism, photography & art, WLTm a couple, who share his interests. ML 26731

**TWO OF A KIND?** Nudist man, 23, seeks woman, 20-35, into naturism. Twickenham. ML 28292

**CANDID CAMERA!** Tall, slim & dark M, 28, seeks attractive, broad-minded Female, 18+, for adventures in celluloid! Cambridge. ML 28295

**PRaising OLDER WOMEN** Good-looking Male, 31, non-smoker & novice beach-using naturist. Seeks woman, 47-62, for naked fun. Norwich. ML 25401

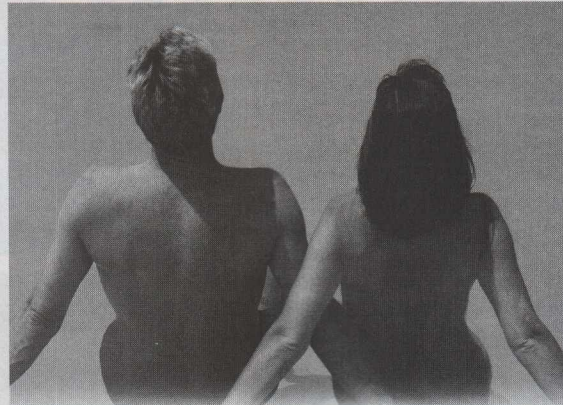
**NAUGHTY IN NORWICH** Friendly, attractive 31 year-old loves older women, 50-70. If you'd like to dance as though it were your wedding night, call! ML 25404

**SMOOTH AS SILK** Lincoln-based Male masseur, 51, who is tall, slim, witty & non-smoking, seeks a tactile lady to help rub-out the creases! ML 33054

**ZESTFUL ZEALOT?** Tall, dark-haired Male, 27, is looking for a humorous, spontaneous & vivacious Female naturist. Aberdeen. ML 25927

**NAKED AMBITION** Solvent & sincere Cornishman, humorous & honest, is looking for an open-minded Female, 45+, for country drives, talks & nudity. ML 28213

**TRIP OF A LIFETIME!** Welsh naturist, seeks attractive & adventurous Female, 20-45, for



exciting, fun journey of mutual discovery. ML 28112

**PROFESSIONAL MESSAGE** Clean, discreet, trained masseur, 50. WLTm single or couple, for relaxing massage. Cambridgeshire. ML 25493

**BRISTOL FASHION!** Athletic, 36 year-old martial artist, likes massage & naturism, seeks similar woman, for fun times. ML 33009

**FUNNY FELLOW** Tall, sporty & youthful guy, 51, effervescent life-lover, seeks similarly gregarious & witty woman. London. ML 25867

**CHILLY IN CORNWALL!** Well-built, non-smoking widower, humorous & broad-minded, seeks naturist Female, 40+, to share beauty of the naked form. ML 25622

**LIKE TO LAUGH?** Mid-30 Male, very open-minded & outgoing, seeks similar Female, for fun & friendship. London. ML 26684

**BARE-FACED CHIC?** Tall, good-looking 40-something exhibitionist, WLTm like-minded Female, for fun & frolics amongst the dunes! Cornwall. ML 25817

**SUFFOLK STROKER** This sexy & slim 18 year-old, WLTm an equally happy, attractive & amorous Female, 18-24, to wriggle 'n' giggle with. ML 32975

**BARE WITH HIM!** Tall, slim, active, Male naturist, 43, seeks uninhibited Female, for revealing times. Shropshire. ML 28076

**EN VOGUE** Good-looking chap, 27, slim, smooth & tanned, would like to model for YOU! Lincoln. ML 25221

**CARING IN CORNWALL** Attractive, well-built, 60 year-old, non-smoking widower, likes naturist beaches, seeks pubs & travel. Seeks similarly mature, cuddly woman. ML 25225

**THE BARE TRUTH!** Tall, brown-haired & slim Male, 25,

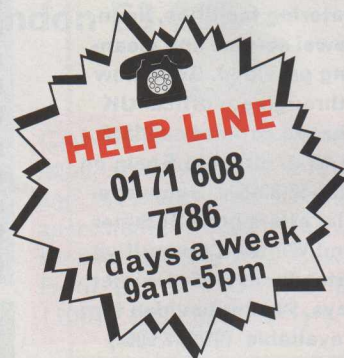
looking for 25-35 year-old Female, for fun-filled frolics. Leicester. ML 24214

**INNOCENT IN IPSWICH** New to naturism, this open-minded, attractive Male, 23, who loves sport & music, seeks 18-30 year-old Female, to show him the ropes. ML 23909

**PLAY THE GAME** Tall, sport-loving Male, believes that anything & everything goes, seeks similarly uninhibited Female. London. ML 26525

**SHOW HIM THE WAY** New to naturism, 5'8" Male, 38, seeks Female, 21-40, to show him the ropes. North East. ML 24937

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**AWAITING AN ANGEL...** Amorous, adventurous, accommodating couple, anticipate another, for fun-filled, fantasy-fuelled frolics. Dumfriesshire. ML 25481

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**SEEN ANYTHING SEXY?** Graduate, 50, well-endowed, tall & slim, seeks couple, interested in voyeurism, massage & DIY. Sussex. ML 24357

**TWO TRUE!** Adventurous & ardent couple, seek similar, for naughty nudity! Suffolk. ML 24171

**'STOKE' HIS FIRES!** Outgoing, 25 year-old northerner, tall, slim & attractive, seeks experienced & erotic couple, to guide him into naturism. ML 25360

**DON'T 'WELSH' ON HIM** Newcomer to naturism, this attractive, bi-curious Male, tall & good-looking, WLTm similar couple. ML 25384

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**EXPANDING OUR LIMITS** Educated, comfortable couple, early-40s, seek couple/single for laying on Sandwich beach, camping & experimenting. South East. ML 21827

**GET THE PICTURE?** This tall, slim & broad-minded 38 year-old naturist, who is very keen on photography, (with a tele-scopic lens!), WLTm similarly open, adventurous people for amorous adult fun. Yorks. ML 24887

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**TRAVELLING MAN** Blue-eyed Male, 35, 5'5", medium build, bi-curious. Seeks couple, or Female, for fun in & out. Can travel. Renfrewshire. ML 23445

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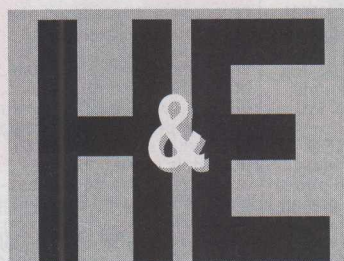
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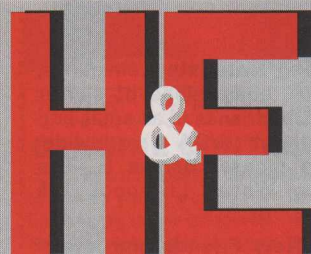
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**ORDER ON PAGE 59**



# Go ahead Slushpuppy, MAKE MY VALENTINE'S DAY

On February the 14th, half the world breaks out in a rash of sloppiness. So it's the perfect occasion to end the dreaded "single" status



Every naked gathering attracts singles who wish they weren't. And Valentine's Day is a better day than most to stop longing and introduce yourself to the man or woman of your dreams. Even die-hard couples-only clubs relax their singles policies at this time of year - your potential success could soon be theirs as you happily sign up as a twosome.

All it takes is a card with a suitably intriguing message to break the ice. Follow that up with a favourable meeting, a dinner engagement perhaps, and your life could become immeasurably enriched. A devilish strategy if you're stuck for conversation is to utilise the circumstances that brought you together in the first place.

Capitalise on your common ground by talking about the Valentine tradition, and what a good thing it is that it gives genuine, sincere, intelligent, caring, witty but often misunderstood people such as yourselves, the chance to meet up under his benevolent auspices. Sounds corny? Then ask yourself why it's such an enduring tradition. Everybody wants to be loved and everybody loves it when a card arrives to suggest it.

Why else do so many scented letters from anonymous admirers drop onto the desks of unsuspecting work colleagues? Or gooey missives from "Snugglebucket" to "Wubblekins" appear in the Daily Mail's annual love supplement? Because for one glorious day our natural reserve turns to romantic overdrive and we believe we're a right to happiness.

Naturally, you'll need to know your subject to dazzle your date. Here's a few historical pointers: It's all the fault of an Italian bishop from Terni who, since being martyred in Rome in 270AD, achieved cult status world-wide as the patron saint of schmaltz, the prince of pucker and the archangel of l'amore, the original Barry White in a habit: Saint Valentine.

By all accounts old SV was a bit of a charmer and, unusually for a bish, lavished what little ecclesiastical pocket money he could muster not on early Status Quo records for the choirboys but cryptically-annotated floral tributes for the local maidens. Hence the custom.

News travelled slower back then and it wasn't until 1477, a full 1200 years later, that Margaret Brews sent what is acknowledged to be the first Valentine's message. The recipient was a man named John Paston and the letter was addressed to "my right wellbelovyd Voluntaryne". Clearly the education system then was as effective as it is toady. I mean today.

Despite, or more probably because of this, the British send more misspelled romantic junk mail on February the 14th than any other nation. Newspapers soon jumped on the bandwagon, publishing lists of Cupid-on-acid messages of love and affection. They're now as eagerly read for the ridiculous nicknames as for the joy of being the subject of one.

Possibly the most nauseating message ever written read: "Schnookie Dookie my cuddly wodly. Here's to the fourth year. Love you more than ever. Your Schnook-dook-pook."

Identical, albeit numerically altered, messages have appeared over the last few years so we can safely assume



**"Sending an  
unwelcome  
Valentine card  
can land the  
admirer  
before an  
industrial  
tribunal or in  
court. The  
same could  
apply to a  
boss giving  
roses to his  
secretary."**



that, despite their obvious handicaps the valiant Schnook-dook-pook and his beloved Schnookie Dookie are still entwined in the rose garden of lurve. Or perhaps sitting three padded cells apart in a madhouse, their vision of each other obscured only by the dwellings of Puddleduck, Ratburger and Pigley Pop.

It may all be harmless fun for the hormonally deranged but beware. Big brother wants to muscle in. First they identify a "problem", then legislate against it, gaining moral brownie points and a huge fines income.

The First International Conference on Love and Attraction held in America in 1995, for instance, ludicrously defined the state of love as "The cognitive-effective state characterised by intrusive and obsessive fantasising concerning reciprocity of amorant feeling by the object of the amorance."

And when said amorising is being conducted surreptitiously under a syrupy alias, and often using the Royal Mail, the need to regulate it becomes blindingly apparent.

Exactly why otherwise well-adjusted citizens adopt sentimental sobriquets and post purple-prosed desires to colleagues and complete strangers is something that has recently been occupying the minds of those romantic scrooges the European Commission.

After much quangoing at our expense, the bloated buffoons of Brussels have drafted yet another edifying edict. Unsolicited romantic gestures can now be interpreted as sexual harassment.

Sending an unwelcome Valentine card can land the admirer before an industrial tribunal or in court. The same could apply to a boss giving roses to his secretary.

Similar legislation already exists in other countries. In 1976 a 24 year old man was convicted of assault in Oklahoma and fined \$200 for kissing the elbow of a parking warden while she was giving him a ticket.

Even that doesn't compare with the early 19th Century English punishment of two hours in the stocks for any man publicly kissing his wife on a Sunday. Sending a Valentine's box of Milk Tray was probably a gallows job.

Suppressing man's natural tendency to inflict his attentions upon the object of his desire can result in another distressing malaise, especially common in mid February: love-sickness. . . when being cardless and feeling un-loved on the 14th is an all too common condition.

Spurious "cures" abound. An old Egyptian antidote involves drinking beer from an old shoe. Dosage isn't stipulated but I assume we're talking a skinful, to overcome the distressing aftertaste.

Glance up from your Valentine's party revelry this year and you might see a lonely figure hunched over the bar, slurping morosely from a sweaty trainer. Life, like most redheads, just isn't fair but, as the saying goes, you're never alone with a John Smiths and Wilson.

Loneliness was not a problem for some unfortunates for whom Valentine's Day was a very bad day indeed. In particular, Captain James Cook, P.G. Wodehouse and "My Fair Lady" composer Frederick Loewe, who all died. And for a few Chicago mobsters, the 1929 St. Valentine's Day massacre was, er, dead romantic.

Others fared better. Oscar Wilde's "The Importance of Being Earnest" opened to much acclaim in the West End on February the 14th. His luck ran out soon after, however, having admitted to being earnest with a number of people whom the authorities deemed unsuitable for such intimate liaisons.

Today's romantics usually suffer less for the sexual pleasures that often follow their Valentine's soliciting, although the strange customs prevailing in some parts of the world often seem to exist purely to prevent such activities.



If a couple rent a hotel bedroom in Sioux Falls, South Dakota, for just one night for instance, the twin beds have to remain a minimum of two feet apart. In Costa Rica, the law bans single women "from any kind of lewd activities or behaviour with men" which, again, must severely divert the course of true lust. What they're allowed to get up to with other women is not stipulated.

Even in the decadent West problems can occur if the suitor's romantic strategy is less than perfect. One hapless romantic who for ages had been crazy about a rather cool and sophisticated single woman at his sun club decided to pull out all the stops with a grand Valentine's gesture.

At the party that evening he plied her with compliments and red wine and impressed her with his wordly sophistication and some recent bank statements. As she warmed to his gentlemanly charm he attempted to seal her affection with the ultimate affirmation of love.

On the stroke of midnight he dropped onto one knee and declared that he'd swim the deepest river, cross the widest desert and climb the highest mountain to win her fair hand.

Chivalrous to the last, he dropped the dewy eyed maiden off at her flat. That night she lay awake thinking of the wonderful man who'd walked into her life and gradually realised that he could be the one she finally should give her heart to.

She rang his work number the next morning, and then every day for the next four years but he was never in. Broken hearted, she finally gave up and married the milkman.

So, take care to avoid the legal pitfalls and enjoy a happy and romantic Valentine's Day. Oh, and Schnookie Dookie, if you're reading this you'd better fill your shoes with beer because I happen to know that your beloved Schnook has been doing the dook-pook with Widgetfidget for years. ■■■







# Sandra

Photographs by Charlie Simonds

Sandra's really got the bug for naturism now, despite her step-father's blushes!











Charlie's photos show  
how at ease Sandra is  
with her naked body  
now - good luck to her!



# MEMORIES OF LOVE AND GOOD TIMES

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# DIANA AND GEORGE



Well, here's a thing. I'm here writing the column, and guess where George is this time. No, he's not watching football, he's not out in the pub nor is he acting the New Man and doing the washing up. He's given up and gone away! Seriously, he's working away at present, so you'll have to put up with his comments from afar as dictated over the telephone. It's made for some very strange telephone conversations:

**D:** Right, here's the first person.

**"What about this then - what would you say about forcing people to go naked for a week in a communal environment in order to get them over body shame?"**

**G:** I'd say they must be off their trolley. I think it would have the opposite effect - rather like the punishment block of a prison cell.

**D:** I wonder how the person thinks they're going to administer this life-enhancing idea. Lock us all in a holiday camp?

**G:** Imagine being shut in the Doncaster Dome for a week, for instance. Even hardened naturist bods would go slightly mad.

**D:** I'm tempted to say that it must have happened to some of them already, then! I think the writer envisages it as some kind of extension to conscription. Makes a change from square bashing, anyway.

**G:** Time for a sensible letter:

**"Can you tell me what is a sensible time to remain in a sauna? I like to go to a sauna with some friends every now and again. They go in and stay for about an hour, but I find I only feel**

**comfortable for about five minutes. I know it's supposed to be good for you and I certainly enjoy the social aspect of chatting in the sauna naked, but I simply become hot and bothered after a while."**

**D:** Our local sauna recommends twenty minutes maximum at one time in the sauna. Then a cool shower, a rest, and then back in if you like. I don't think lobster boiling is to be recommended.

**G:** Have you noticed it's usually those people who fry on the beach in the full sun who also stay on the top deck of the sauna (the hottest part) for vast stretches of time? Both pastimes that need some monitoring.

**D:** The ladies don't seem to do it, it always seems to be the men. Probably a case of a bunch of macho men each not wishing to be the first to own up to wanting to get the hell out of it. Each man always needing to seem the toughest - silly sods.

**G:** Also, of course, women are constantly preached at in the media about taking care with their bodies and skins so they probably are more cautious. Also more aware of changes in their bodies, I suspect:

**"I noticed recently that I have a small freckly mole on my arm. It's only tiny, but I'm sure it's new. Should I be worried?"**

**G:** No, what you should do is immediately make an appointment to see your local GP and get it checked out. If it's just a freckle, as is most likely, fine. If it's anything needing treatment, or indeed cancerous, the faster you get it sorted the better.

**D:** I never can understand people worrying away about a possible health hazard and not going to the doctor as soon as possible. The worry never goes away, it just eats away at you. You need to face your worry and fear fast, or they'll just build and build. The condition, meantime, could be worsening, and so you'll feel less inclined to see someone about it. It's a road to physical and mental trauma.

**G:** Potential naturist recruits are often similar. They think about trying naturism. Then they make the mistake of starting to worry

about the actual physical act of doing it rather than just getting on and trying it. The longer they ponder and wonder, the greater the fear becomes, and the less and less likely they are likely to proceed.

**D:** Those that do proceed often wish they'd got on without the dithering years before:

**"Sadly, my wife died last year. We had been very close - in fact I still feel she's with me now quite often - but the one thing we could never come to an agreement on was my interest in naturism. Try as I might to explain, she just shut her ears whenever I brought the subject up. It saddens me that she never came to experience - or even understand - the pleasure that I find in it. I joined a swim group and now am a thoroughly practised naturist. If only I could have joined in years ago. I urge anyone in the situation I was in a few years ago, don't give up trying to persuade your partner - without causing distress, of course. I can't explain the loss I feel that she can't experience the joy of the air on her skin. Sometimes I feel that as an actual physical pain."**

**G:** That's sad. It's sometimes so hard to see your way through a barrier that's been built up all through much of your life. Body shame. I think it's a very unusual person who never feels it at all. I know I still feel uncertain in many circumstances of nakedness. I'm not a "natural" naturist and I suspect I never will be! When I partake I enjoy it, but it's Diana who's the ardent perpetrator.

**D:** You seem to be suffering from an attack of long words! You mean I love doing it, I presume. True, but even that doesn't mean I don't have moments of extreme anxiety. I tend to fall back on the good old chestnut: Believe that you're confident, act confident and eventually you'll be confident! But I do have to keep practising at it...

**G:** Some of us see through it.

**D:** Well, of course you do - you know me rather well. But I usually get away with it in



public!  
**G:** Time for a final letter on a similar subject:

**"I'm taking a winter break soon. It's to an area that has naturist beaches, but where I'm going to stay is not naturist. I love going naked, but I really don't feel very confident. My new boyfriend is coming with me, and so far he's only seen me naked once - in bed! I want to look good for him, obviously, but I really feel I look best in swimming gear rather than just my bare body. What shall I do - visit the nude beach or avoid it?"**

**G:** I bet you look just great both ways. Women are often so critical of their own appearances - whereas most men think most women look fabulous!

**D:** Yeah, and most men think themselves the bee's knees whereas most women think most men are a pretty sorry sight. . . Sorry, I couldn't resist that. I think the lady should start off the holiday around the pool, in her cossie. I bet the draw of the lovely sandy naked beach becomes too much for the pair of them after a couple of days. Then they can both go there. He's probably suffering from just as much body angst as her anyway. There's no harm done in actually owning up to anxiety in these areas! Tell you what, George, you'll seem like a new boyfriend again by the time I see you! I've forgotten what you look like. See you soon. . .

**If you'd like George, Diana and Stuart to voice their opinions on your dilemma, then write in to Diana & George, New Freedom Publications Ltd., Bow House Business Centre, 153 - 159 Bow Road, London, E3 2SE. Enclose an sae if you're like a personal reply.**



**"I've looked through a few travel brochures. I can't make up my mind where to take the family this time. I am toying with the idea of just taking the car to France and travelling around several resorts. Can you just turn up without booking?"**

**D:** I wouldn't advise it, unless you know their set ups. For a start, they may be fully booked! Secondly, some may require pre-booking, or have some requirements such as a club membership card that you would not become aware of until it was too late!

**G:** And imagine arriving frazzled at your proposed destination with a car full of fractious children and an irritable wife only to find the doors shut and bolted because it only opened at weekends! Doesn't make for holiday romance that's for sure.

**D:** Plan your trip around the INF guide and National organisations help, or go to a tour operator and get an individual package arranged. They'd help with insurance and ferry crossings and so on as well.

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# Sun, sea and fun in . . .

## South - east France

Starting from the eastern end by the Spanish border there is **Port Vendre** by **Phare Béar**. The coastline is rocky but this provides some privacy for nude swimming. Try **Cap Réderis** and the beaches of **Peyrefitte** and **Tancade**. There are also sheltered coves under the cliff by **Béar Lighthouse**. Park there and walk down the footpath for 30 minutes.

Moving on to the town of **Collioure**, you'll find the cement path north of its town beaches will take you to a sandy cove below a campsite. You'll have to walk below the cliffs for one kilometre which may be only possible when the sea's not rough. There's more naturism at the north end by the rocks.

The sand bar on the north side of **Tech estuary** is popular and pleasant. There is nude bathing both sides of Tech for 2km.

The **bungalow park** at the south end of **Toreilles** is virtually nudist. To reach Toreilles come off the D81 between Bondigon and L'Agly to the south of Village de Sables. There's also a long nude beach here.

Due east of **La Palme** is a coastal nudist beach used by **Club Le Claptois**. There are 300 plots on the peninsula going into the inland salt lake of **Étang de la Palme**. An INF card is needed and please book in advance.

Between **Gruissan** and **Narbonne Plage**, just south of **Camping des Ayguades**, is one kilometre of nude beach. Follow the asphalt road north of the harbour and follow étangs and then turn right at Mateille roundabout. Follow the unpaved road along the shore to car park.

The **Gymno-Club Mediterranean** part of the beach between **Valras Plage** and **Serignan Plage**. An INF card is needed. You reach it by taking the right fork two kilometres after the bridge, then continue for two-and-a-half kilometres on a minor road.

**Naturist beaches and clubs in Europe**  
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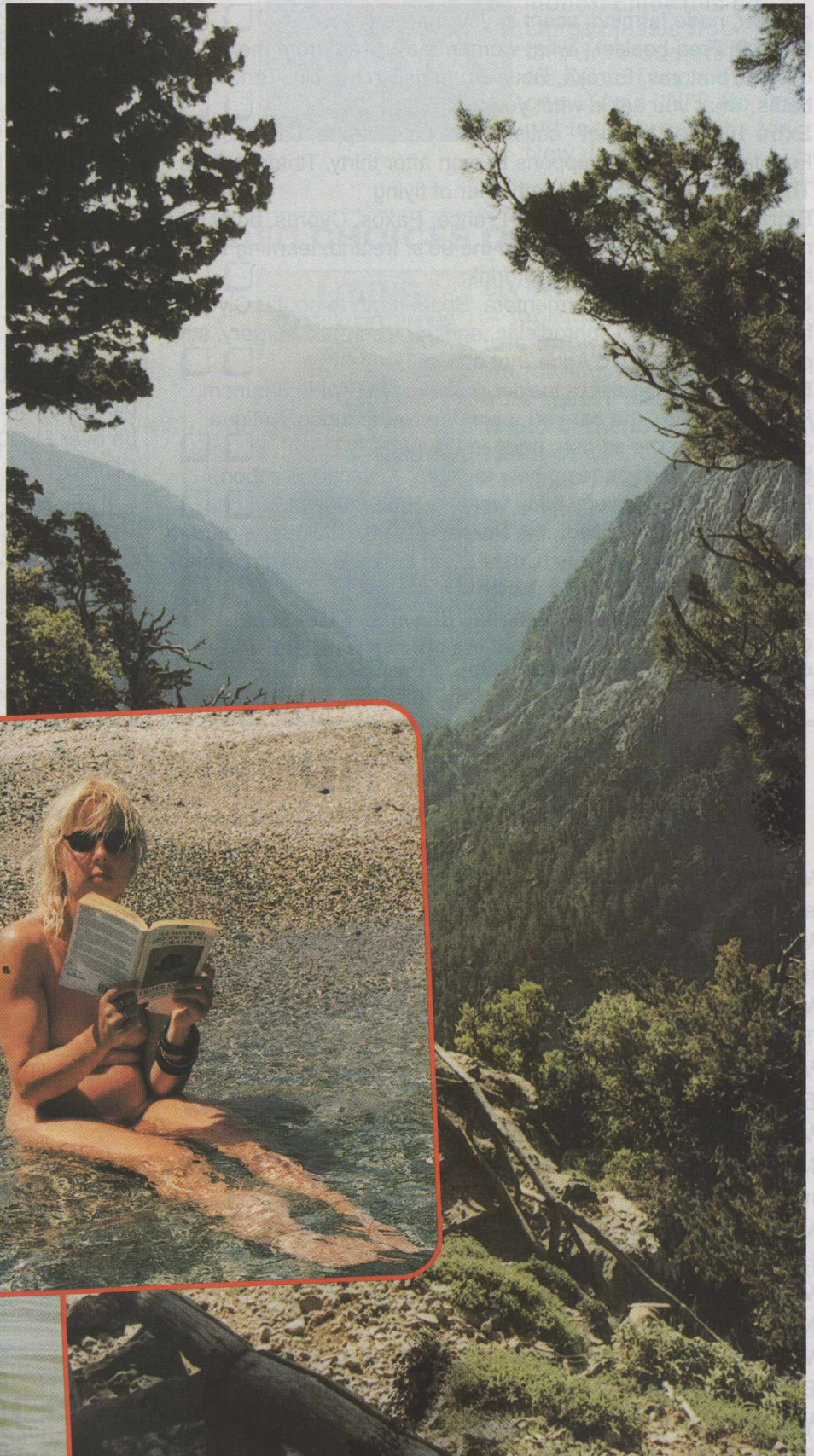


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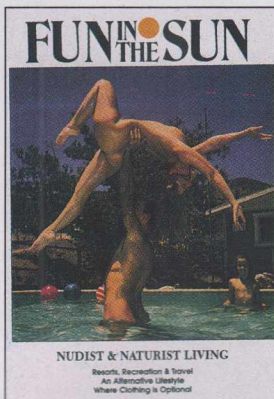
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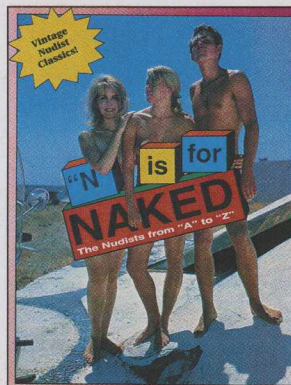
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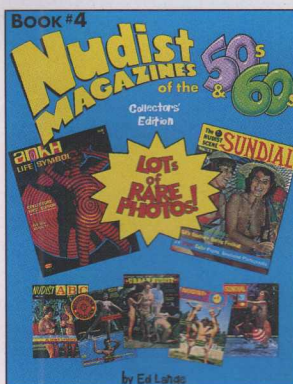
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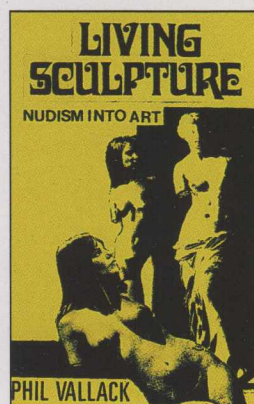
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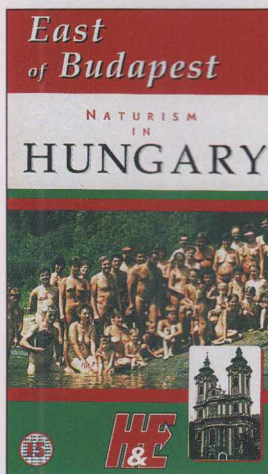


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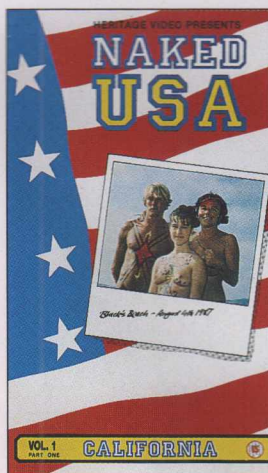


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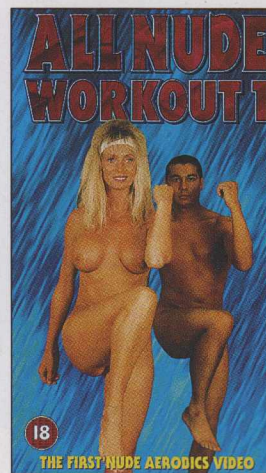
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